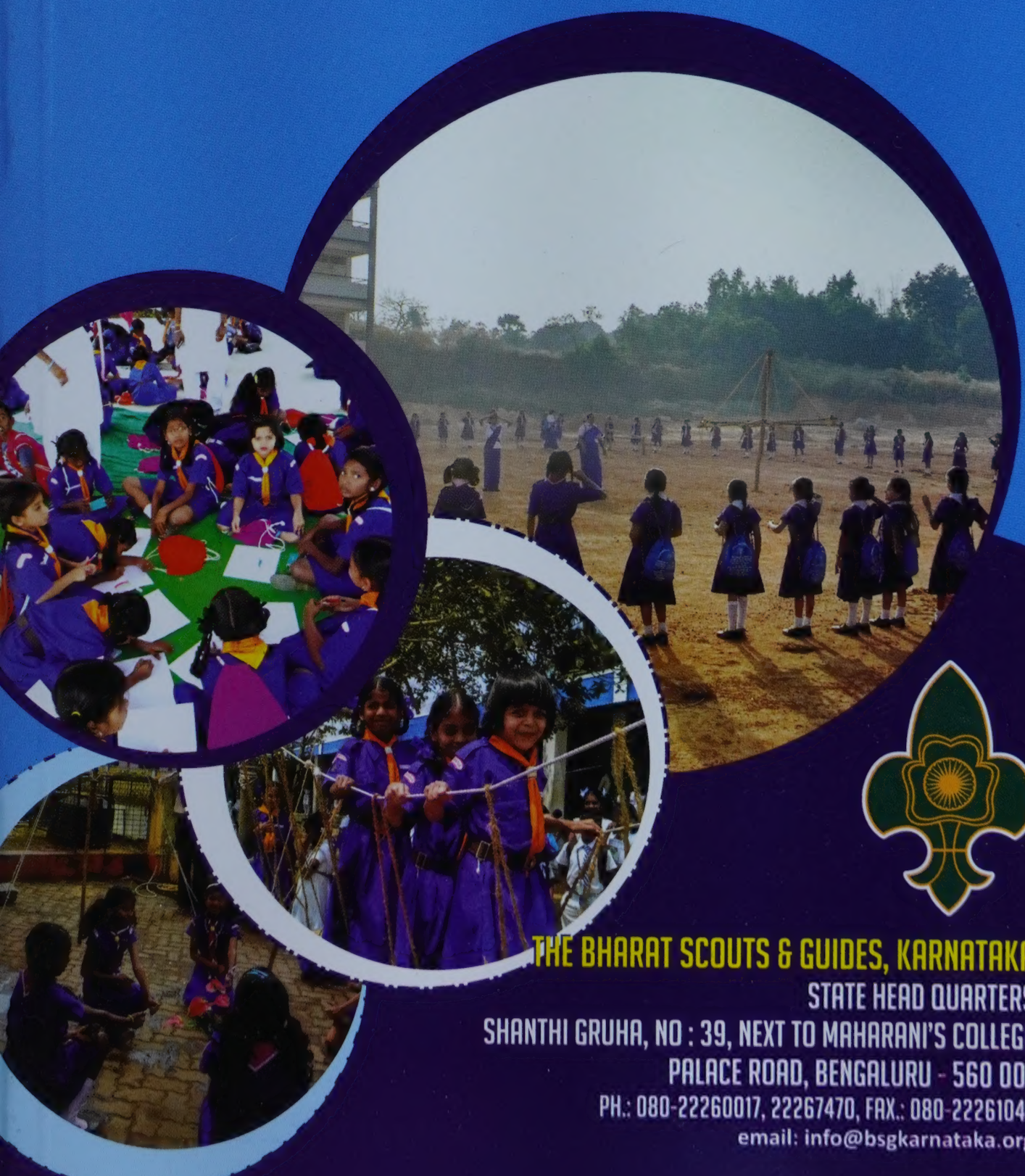
A Complete Handbook for Flock Leaders



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10 GOLDEN POINTS BASED ON THE BULBUL LAW

1. A Bulbul is always loyal to her elders and obey their order with smile.
2. A Bulbul loves to move in flock and they believe in group learning.
3. A Bulbul does a Good Turn everyday.
4. A Bulbul moves freely in the natural environment and learns valuable things from the nature.
5. A Bulbul is fond of clean and tidy places.
6. A Bulbul likes to keep her body and belongings clean and tidy.
7. A Bulbul is courteous in action and behaviour.
8. A Bulbul loves to shoulder responsibilities assigned to them from time to time.
9. A Bulbul enjoys her work in play-way method through "make believes" stories and action songs.
10. A Bulbul aims to become good and useful citizen in future.

BulBul Prayer Song

Hum Hain Chhote Chhote bal
Hamari Lena Tu Sambhal,
Kadam Kadam par Kare Galatiyan
Sad Budhi Dena Bhula Galathiayan
Tum bin Kaun Lega Sambal
Ham Hai Chhote Chhote Bal
Hamari Lena Tu Sambhal.

Flock Leader's Hand Book

The Bharat Scouts & Guides

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Foreword

The great Scout Movement was started only for Boys by Lord Baden Powel in the year 1907. Observing the interesting of Boys' activities, the Girls also wanted to join the Movement and the Guide Wing was started in 1910. The Youth Movement for Girls-Girl Guiding was growing rapidly and the girls were having a wonderful time. The younger girls who were watching the elder girls activities, also wanted to join their activities and prove themselves as brave and helpful as their elder sisters. In 1914 plans were suggested to meet the needs of the younger ones also. Various groups were formed and they started training the younger ones also. In India these younger girls were named a "Bulbuls" (5 to 10 years groups) and their leader were named as "Flock Leader"

To have uniformity in training and to give proper guidelines ***"Flock Leaders Hand Book"*** *was prepared by Bharat Scouts and Guides, National Headquarters. As the stock was exhausted and as the books are in great demand in Karnataka, steps have been taken to reprint the Hand Book. Smt. B.D. Shantha, LT(G), Smt. Pushpa Vijayan, ALT(B) and Smt. B.V. Ramalatha, LT(R) took the initiative to monitor the same. I am sure the Flock Leaders will be benefitted by this Book.*

(P.G.R.Sindhia)
State Chief Commissioner

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Brief History of Guiding

Guiding is Universally recognized as the World's Largest youth Movement. Today some 150 countries and over 10 million members belong to the Guide Movement. It began and grew on sound principles which are designed to guide young girls to become "Healthy, Happy and Helpful" Citizens.

The Movement grew from an awakening interest on the part of adults in the needs of youth in both formal education and for leisure time activities. In 1906, Baden Powell, back in England from the Boer War in which he had used training methods of his own based on initiative and resource, turned his attention at adopting his ideas to provide a programme for recreation and self education for youth. He held an experimental camp for boys, drawn from different backgrounds, on Brown sea Island and followed this up with fortnightly chapters in a boys magazine of "Scouting for Boys". The response was electrifying and scouting was born.

The idea struck a spark in girls too: from the first they adopted their brothers' activities and uniform and courageously turned out for the first all England Scout Rally at the Crystal Palace, on 4th Sept. 1909. That event was a tremendous success. Soon, there were groups of an unofficial Girl Guides. More than 6,000 self-styled Girl Scouts were registered at Headquarters. Lord Baden powell gave them the "Guides" after name corps of Indian Guides renowned for their resourcefulness and courage. He appealed to his sister, Agnes Baden Powell, to organise the Girl Guide Association.

The Girl Guide Movement was officially recognised in 1910. Miss Agnes Baden Powell became the president of this organisation, established the Girl Guide Headquarters. With the publication of "How Girls build up the Empire" by Miss Agnes Baden Powell in 1912, conjunction with Lord Baden Powell, the movement gained momentum.

The same year B.P. got married to Miss Olave Clair Soames. She was soon immersed in Scouting and Guiding. In 1916 she became the Chief Commissioner.

Lady Baden Powell brought to the Guide Movement, not only her natural keenness, but also a measure of graceful womanliness. Her energy and business methods combined with her faith in the founder, strengthened the organisation and rendered the Movement increasingly popular. In 1919, Lady B.P. formed the International Council to establish contact between other countries. In 1920 first International Conference was held at Oxford. Delegates from all parts of the world attended the conference. The dream of World Guiding was realised.

At the 4th International Conference the idea of making the mutual birthdays of Lord and Lady B.P. on 22nd February as an annual 'Thinking Day'. when members all over the world would mark the occasion with suitable activities and ceremonies symbolising their recognition of the world-wide fellowship was presented. A small donation on this day, to be called as the "Thinking Day Fund" was introduced. This fund has grown in volume over the years and has played a vital part in the development of Guiding in many parts of the world.

World Guiding has been further strengthened by the establishment of world centers. These have grown from courage, generosity and dedication to the ideal of an International sisterhood of guiding and provide Homes for all

members who can meet together in fellowship for holidays, training and conferences. Each member of the Guide Movement inherits this wonderful legacy of International fellowship and each of us has an important part to play, to keep guiding alive, strengthen and build on this foundation.

"Look back with Gratitude,
Look around with confidence,
Look forward with conviction"

- B.P.

Lord Stephenson Smith Baden Powell
Founder of Scouting, World Chief Scout
Live : 22.2.1857 to 8.1.1941

Olave Clair Soames B.P.
World Chief Guide
Live : 22.2.1889 to 26.6.1977

Growth of the Bulbul Section

In 1913 the new Youth Movement called the Girl Guides had been growing bigger and bigger The senior girls were having a wonderful time. The younger ones wanted to watch and join them in their activities and prove themselves as brave and helpful as their elder sisters. Besides it was sometimes impossible for the big sisters of the family to 'come to Guides' unless they brought the smaller ones with them. So in every Guide Company, a group of smaller girls whose ages varied from four to ten and whose ambition was to become guides were found.

They watched and copied the elder girls until meetings were made for them. The activities the guides did were usually much too difficult even dangerous for the little girls to do. As time went on, it became impossible to ignore them. They were always there undaunted, persistent, pleading to be allowed to join and at last the grown up's felt that something would have to be done to satisfy them. Many leaders began to realise that a good deal of the training they were giving the guides was wasted because it did not start early enough, aid that they could accomplish more if they could begin to sow the seed of good habits while the soil was at fallow. So this junior branch came into existence to save the guides from the weekly embarrassment of having their younger sister trailing them to the Guide meetings.

In 1914 plans were suggested to meet the needs of the children who were too young to be Guides, and various people were collecting children into groups for training and games.

One of the first thing to do, was to find a name for them. Some poetical minded person, suggested the name 'ROSE BUDS'. So this became their First official name. The idea was that, they should grow up into full-blown Roses, but unfortunately they did not want to be either Roses or Rosebuds, though they are pretty, because Rosebuds did not do things. But they cheerfully accepted the promise and the tests which were thought out for them.

They wore dark blue shirts with knitted jerseys and knitted caps or tams, sometimes they had a white haversack slung over one shoulder just to look like the guides at that time and sometimes they wore sailor hats. They were allowed to wear pale blue ribbons.

A Rosebud saluted with two fingers because she only made two promises. "On my honour I promise that I will do my best

1. To do my duty tó God and the King.

2. To do a good turn for some body every day.

Guide patrol Leaders organised Rosebuds because, "Captains can not do all the work by themselves". Rosebuds were asked the following question, "Dubesorauoyera? to which every Rosebud who knew anything, would answer proudly "Dubamal" If you do not understand, work it out by starting at the wrong end and working backwards.

National Flag

Rosebuds learned which flags make up the Union Jack, Which is Their National flag and how to hoist. They practised different kinds of knots, besides learning which one to use for what purpose. When the Ist World War broke out, Rosebuds helped by crocheting mittens or scarves for the soldiers, rolling bandages and collecting magazines. They had their own special badge which Agnes Baden Powel, the Founder's sister designed for them. By January 1915 the Gazette asked its leaders if any of them could suggest a better name than Rosebuds, but it had to be attractive and at the same time dignified".

Many names were suggested like BEES, SKYLARK, BANTANS, BUDS, etc. But none of them suited the energetic young girls. It was the Founder with his usual talent, suggested "BROWNIES" The Brownie was the indigenous fairy of English folklore. The friendly, busy little folk who creep into houses before anyone was awake and secretly did all the jobs that needed doing without ever being asked. This conception seemed to suit the busy, active, hard working Rosebuds. When B.P. suggested the name 'Brownie", Rose buds at once accepted the name Brownies and Brownies they have remained to this day. A good name for people who wanted to be friends and have fun being ready to help in all kinds of ways.

From few Brownies, their number grew and grew, from hundreds to thousands. Then children in other countries heard about Brownies and they too wanted to join in the fun. But not all of them are called Brownies, for example, Greek Brownies are named after birds, they are called POULIA which means little bird. The Brownies of Swaziland are called BLUEJAY. The Bluejay is a Royal bird. It is one of the emblem used on the kings crown and also in the National Flag

In Switzerland Brownies are called PETITIES little wings of bees. The Italian Brownies are called COCCINALIE, Lady birds.

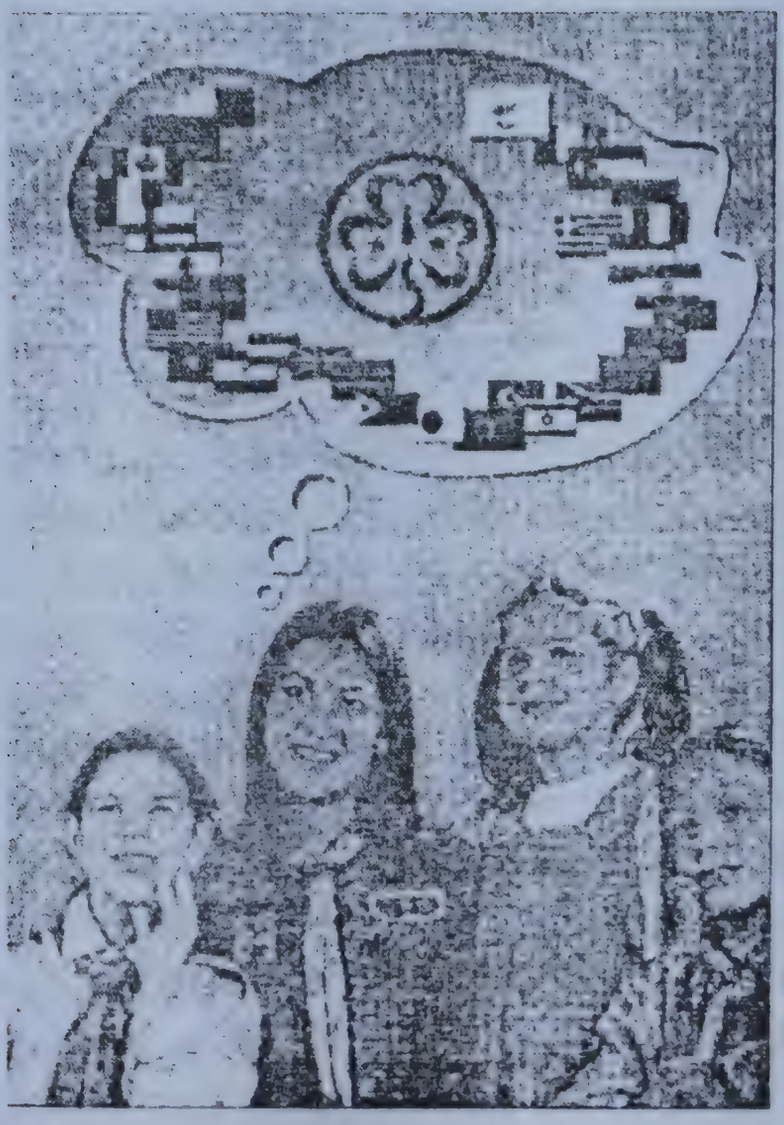
Pakistan Brownies are called Blue Birds. In India the Brownies are called Bulbuls. The Bulbuls are cheerful small birds who like to keep together in Flocks and it is one of the common friendliest and attractive little bird found allover India.

Bulbuls are little sisters who do good to big people. Their aim is to help others and make them happy. So Brownies have friends allover the world and no matter what they are called or what colour uniforms they wear. They are alike because all have made a promise to do their best and to help other people. In December 1915, a constitution for Brownies appeared in Gazette, 6 to 8 Brownies were to form a patrol which he called after the name of some British Tree. Two or more groups formed a company. The leader of the company were called as company Leader.

The colour of the uniform was to be brown, but blue was also allowed. The Badge was a metal acron bearing the letter B.A. Second class Brownie added leas to her badge and a First class Brownie had the motto as well. The inclusion of Juliana Horatia Ewing's story of Tommy and Bettey, and the Wise Brown Owl in which the idea of Brownies was built up.

By the end of 1915 Brownies exited in name only. The name of the Company Leader was gradually changed in to Brown Owl. Brownies became miniature guides. There were thirty to forty Brownies in one pack. Sometimes the number even went up to 90 members. In 1918 a warrant standard fo the Brown Owl was agreed and the commissioners were requested to contact the pack to the guide companies.

In 1920 Mrs. Bruce became the first head of the Brownies for few months only. The same year Miss. Rachel Heath was appointed. She contributed a lot to pull the Brownie Scheme together. The first conference for Brown Owl was held at Cambridge in April 1922. This conference agreed on the



methods of training to the Brownies.

At the 13th World Conference at Oxford, England in 1950, International Brownie units requested for World Brownie Badge. Only during the 15th World Conference the request was approved. This badge may be worn by those who made her Brownie Promise.

In 1918 the Brownie branch was brought to our land. But it was only for European Children. After much discussion it was thrown open to all our Children. Little girls wanted Guiding and Guiding our Founder gave them.

Flock Leader

A person who has completed 18 years of age is eligible to become a Flock Leader or an assistant Flock Leader. She must be a person of good character, conduct and should have special aptitude to deal with Children. There should be absolutely no compulsion from any body to take up this responsibility.

The Organisation wants voluntary and wiling workers to join and enjoy this game. Once you take up this pleasant work there is no limit to the fun you can have with bulbuls. The Flock Leader is just like a grown up sister to the bulbul who will allow her to do, show her how to do, watch her while doing and help her, correct her mistakes and finally encourage her to practice in various ways until she herself feels confident about the subjects.

The Flock Leader must know each Bulbul in her Flock Young Girls demand the experience of a mother, the love of a sister, the loyalty of a teacher and a friend in need to gain security. So a flock leader should be prepared to meet all these demands.

No two bulbuls are alike. Some like hand work, some demand physical work, some like activities to make them feel at home. Thus Flock Leader must find greater satisfaction in giving rather than getting. However, similarities will be there in that age group. There is 'We Spirit' and good morale in the Flock. So to keep alive then desire to learn, vary the activities in the meeting.

Be fair and firm in dealing with Bulbuls. Set up a good living example and be consistent in dress as well as in manners. Use all your imagination while keeping in mind their aptitudes and immaturity. Use reasonable boldness in programme planning.

Bulbuls need you to give encouragement, give praise, be patient and help them to develop acceptable manners and habits. A bulbul is ready for anything curious, interested in learning about different social roles, compares herself to others. She is learning by participation, imitation and self initiated activity. She is developing herself concept and is emotionally excitable. Bulbuls like outing, games, stories and adventures, she interacts actively with her environment. Guiding was started partly to supplement the School work. Take care to co-operate with school authorities and see that the meeting is finished on time so that children are not tired for the next day nor should they came with number of excuses. It is only courteous to see that the bulbuls return home punctually and reasonably clean. Thus we can visualise the need for a dynamic personality of the Flock Leader. Flock Leader is always there to solve their problems and to smooth down their perplexities, ever ready to share their joys, and be eager to lend them to task whenever they are at fault.

Flock Leader should study each and every one of her bulbul and come to know their likes and dislikes, their good and the bad ones, their strength and weakness. Then through games and stories, she should try to develop the good in them and eradicate bad qualities in them.

Flock Leader should be calm, natural and free with bulbuls and help the bulbuls also develop the same habits. Sing and play and act like a bulbul. Laugh and make them laugh. Play and laughter are the birth rights of the bulbuls. So do not

deprive them Create a sense of belonging to the bulbuls. Make them learn to work and play as a happy family.

Patience, cheerfulness, friendliness and courtesy are essential qualities for a flock leader. Develop a good rapport with Bulbuls and eradicate bad qualities in them.

Uniform

"Smartmess in uniform and correctness in details may seem a small matter, but has its value in the development of self-respect, means an immense deal to the reputation of the Movement among outsiders who judge by what they see." B.P.

Uniform has great significance in Guiding. In fact it is uniformed Organisation. It signifies that she belongs not only to Bharat Scouts & Guides but also to the World Association of Girl Guides and Girl Scouts. It demands that the rich and the poor forget their differences and make them feel that they belong to one family. It is a constant reminder to the wearer about the promise which she has given on the enrolment ceremony. So she wears the Uniform from the day of her enrolment, to show that she belongs to a guide family and also to impress the public about the high ideals of the movement. So we all belong to uniformed organisation. There are few rules to be followed when you wear a uniform. The public image is very important. Hence all should be correctly dressed and should behave well in an orderly manner when they appear in public. This will definitely bring good name to the organisation.

Bulbuls should keep their uniform clean. She should not allow the dirt to remain on it. Public think great about a bulbul who is dressed in uniform, because she is not an ordinary girl. She is trained person who knows how to keep herself clean, smart and active and can be trusted to do her best to obey and do a good turn for others. She always thinks of her duties, and does it quietly without wanting to be thanked or rewarded for it.

Uniform for the Flock Leader and the Assistant Flock Leader:

The Flock Leader or the Assistant, Flock Leader shall wear uniform as follows :

i) ***Salwar, Kameez and Dupatta:*** *A white Salwar and white Kameez of plain non-transparent material. The length of the Kameez shall be upto the knees. The Kameez shall have two patch pockets and two side pockets, half sleeves 8 cm. above the elbow with turned up and stitched down cuffs. 4 cm. wide, open sports collar with epaulettes on both shoulders. The salwar and kameez shall not be tight-fitted. The Dupatta shall be deep sky-blue in colour made of plain non-transparent material.*

OR

Midi Skirt and Blouse: *Midi Skirt in deep sky blue colour made of plain non-transparent material with side pockets and a slit at the back. The length of the skirt will be up to the half distance between knee and ankle". A white blouse of plain non transparent material with two patch pockets, half sleeves 8 cm above the elbow with turned up and stitched down cuffs, 4 cm wide, open sport collar with epaulettes on both the shoulders. The length of the blouse shall be 8 cm below the waistline. The blouse shall not be tight fitted.*

OR

Saree and Blouse: *Deep sky-blue saree made of plain non- transparent material and a white blouse of plain non transparent material with two patch pockets, half sleeves 8 cm above the elbow with turned up and stitched down cuffs 4 cm wide, open sports collar with epaulettes on both the shoulders. The length of the blouse shall be 8 cm below the waistline. The blouse shall not be tight fitted.*

ii) **Belt:** *Brown leather belt with the official buckle of the Bharat Scouts & Guides supplied by the National Association.*

iii) **Scarf:** *A Scarf of the group colour and pattern other than green, purple and yellow as approved by the Local or District Association shall be worn found the neck and over the collar and epaulettes with the group woggle. The shape of the scarf shall be triangular with a base and two sides, each of the two sides shall have a minimum length of 70 cm. and a maximum of 80 c.m.*

iv) **Socks:** *White socks.*

v) **Footwear:** *Black leather closed shoes.*

vi) **Hair Ribbon:** *Black plain ribbon or black plain hair band (without any design). Hair should be up.*

vii) **Membership Badge:** *A cloth badge with green, background with Fleur-de-lis in yellow superimposed by the Trefoil with Ashoka Chakra also in yellow in the centre shall be worn in the middle of the left sleeve*

viii) **Shoulder Badge:** *A Shoulder badge of 8 cm length and 15 cm with with white background and serial number and the name of the group in red letters shall be worn on the right shoulder below the seam.*

ix) **Cardigan:** *When worn it shall be black without any design Sleeveless according to the season allowed.*

Optional:

i) **Camp Uniform:** *Dark blue salwar, dark blue kameez with the same pattern as mentioned above and dark blue dupatta,*

ii) **During Outing and Hiking:** *Dark blue Jeans, T.Shirt and P.Cap supplied by the National Association may be worn.*

iii) **P.Cap:** *can be worn when they go for outing.*

iv) ***A black pouch shall be worn:*** *The Pouch shall not be worn at the time of the Ceremony.*

v) ***World Guide Badge :*** *A cloth World Guide Badge may be worn above the right pocket.*

vi) ***Metal Badge:*** *A metal Badge of the Bharat Scout & Guides may be worn when not in uniform.*

vii) ***Lanyard and Whistle:*** *White lanyard with a whistle may be worn round the neck.*

viii) ***Jewellary:*** *No Jewellery shall be worn except those enjoined by religion or custom.*

Bulbul Uniform :

A Bulbul shall wear uniform as given below:

i) ***An Overall:*** *Deep sky blue overall made of plain non-transparent material with two top patch pockets and two side pockets from under side, half sleeves 8 cm above the elbow with turned up and stitched down cuffs 4 c.m. wide and open sports collar with 'epaulettes on both shoulders. The overall shall not be tight-fitted.*

ii) ***Belt:*** *Brown leather belt with the official buckle of the Bharat Scouts & Guides supplied by the National Association.*

iii) ***Scarf:*** *A Scarf of the group colour and pattern other than green, purple and yellow as approved by the Local or District Association shall be worn round the neck and over the collar and epaulettes with the group woggle. The shape of the scarf shall be triangular with a base and two sides, each of the two sides shall have a minimum length of 70 cm and a maximum of 80 cm*

iv) ***Socks:*** *White socks.*

v) **Footwear:** *Black leather closed shoes.*

vi) **Hair Ribbon:** *Black plain ribbon or black plain hair band (without any design).*

vii) **Membership Badge:** *A cloth badge with green background with Fleur-de-lis in yellow superimposed by the Trefoil with Ashoka Chakra also in yellow in the centre shall be worn in the middle of the left sleeve.*

viii) **Shoulder Badge:** *A Shoulder badge of 6 cm / 8 cm length and 1.5 cm width with white background and serial number and the name of he group in red letters shall be worn on the right shoulder below the seam.*

ix) **Six Emblem:** *Every Bulbul shall wear a six emblem, It shall be 4 cm in diameter, embroidered on black backgound with light blue border. It shall be worn above the left pocket.*

x) **Cardigan:** *When worn it shall be black without any design, Sleeveless according to the season allowed.*

(B) Optional :

i) **P.Cap :** *can be worn when they go for outing.*

ii) **World Brownie Badge :** *May be worn on the seam of the left pocket of the uniform.*

iii) **Metal Badge :** *A metal Badge of the Bharat Scouts & Guides may be worn when not in uniform.*

iv) **Jewellery :** *No jewellery shall be worn except those enjoined by religion or custom.*

How to Start a Flock

A Bulbul Flock consists of girls between the ages of five and ten years. The minimum number in each Flock is 12 and maximum 24 girls. It is recommended that two adult leaders should be in-charge of the Bulbul Flock. It is not necessary for the teacher of the same school to be a Flock Leader. If possible an outsider can take charge of the Flock

There can be a sponsored "Flock and" Open" Flock, A sponsored Flock is one which is composed of girls in an educational institution, An Open" Flock is one which meet in any public place like, Garden, or a club, or School compound, where girls residing round about join, immaterial of the school to which they belong

It is entirely VOLUNTARY and it is undertaken only by those who are interested in girls of Bulbul age are willing to play and give time for all their activities.

A Bulbul flock shall be a unit of Group of Bulbul Flock, Guide Company and Ranger team provided however, where there is no such group, a Bulbul Flock shall be treated as a Group. Every Bulbul Flock shall be registered, Every Bulbul Flock shall have a name. Where the Bulbul Flock is a unit of a group, it shall bear the name of the group. The Group may be named after the locality, an institution or any past heroine of India, every Group shall have a serial number assigned by the Local or the District Association, as the case may be.

Only after joining the movement and under going the basic training course for Flock Leaders can start a Bulbul Flock.

In the first place a Flock Leader should approach the school authorities soon after the school admission and inform them about your eagerness to start a Flock in the school.

Arrange for an informal, talk with the girls. Explain in a story form about the Bulbul activities and how she can render service to the community. Find out how many girls are keen to join the Flock. Do not get excited. Use all your diplomacy to choose the girls who have some interest and ability to start with, so that they can get the satisfaction of playing develop good relationship with each one of them.

Invite the parents of the girls, to an informal meeting where you can explain to them about the aims of the Movement and the training which the girls are going to get. Obtain a written permission from the parents. Contact the District Commissioner Guides of the area concerned as no new Flock can be started without her knowledge. Inform her the details like, the number of girls attending, the school name and address and phone number, meeting time and the day, so that she can plan her visit to the school.

- *Maintain proper records of income and expenditure.*
- *Hold Pow-Vow as often as possible.*
- *A Flock does not need any elaborate or expensive equipment.*
- *Your Flock equipment should be simple and safe to handle.*
- *Have the meeting regularly on a fixed day and at a fixed time.*
- *Have a definite beginning and a definite ending.*
- *In your enthusiasm do not treat the Bulbuls as small babies. They want constant activities. It is hard for them to keep them still.*

- *Register your Flock and renew the registration regularly.*
- *Get a warrant after registration and keep it upto date by renewing every year. Only the registered unit and the warranted Flock Leader can take the bulbuls out.*
- *Get active support from the group committee and have enough assistance to keep the Flock going.*

BULBUL PRAYER AND FLAG SONG

PRAYER

Ham Hai Chote Chote Bal.
Hamari lena tu sambhal
Kadam kadam par kare galtiyan
Sad bhudi dena bhula galtiyan
tum bin kaun lega sambhal

FLAG SONG

Bharat Scout Guide Jhanda Ooncha sada rehega,
Uncha sada rahega Jhanda uncha sada rehega
Neela rang gagansa vistrit bhratrubhav phailatha,
Tridal kamal nit teen pratigyaon ki yad dilate
Aur chakra kahta hai pratipal aage kadam bardhega
Uncha Sada rahega Jhanda Ooncha sada rahega
Bharat Scout Guide Jhanda Ooncha sada rahega

Flock Meeting

"Something old and something new
Something magic and something true
A song to sing, a story to tell
Something to make them happy and well"

Planning for the Flock meeting gives purpose and direction to all our efforts. It is important that the meeting should follow a sufficiently clear pattern and repetition to give the bulbuls a sense of security in the flock. The programme must be full of fun, adventure and romance. This interests the Bulbuls and they want to remain in the Flock.

In planning Flock Leaders need a sense of order of proportion of values and all the originality and adaptability. So that it will suit the needs and abilities of the bulbul A good programme should have a link with what you did last week and what you will do next week. So remember to

- *Put the planned programme in your programme book, keeping in mind the four sign post of guiding.*
- *Have a job for all of them and let them know about it.*
- *The Opening and Closing Ceremony should be short and simple.*
- *Start the meeting at the right time and end the meeting at the right time.*
- *Inspection should be short and thoroughly done in the play way method.*

- *The actual programme should be planned with the Assistant Flock Leader.*
- *Speak in low voice but firmly.*
- *Keep the programme moving.*
- *The programme should be flexible. The Flock Leader should be ready to make alterations at the time of the actual meeting.*
- *Change the activity fairly often and get outsiders help if necessary.*
- *A Flock Meeting should have definite beginning and definite ending.*
- *Conduct the meeting for one hour.*
- *Keep the instructions simple. Use simple equipment and language.*
- *Play the game for a shortwhile, you can always conduct it again next week.*

The Flock Leader's approach to the Bulbuls and the presentation of the subject is very important. The Flock Leader should see that the Bulbuls have a fair share of all that makes up guiding. Enough similarity, repetition and variety to give that spice of adventure for which the Bulbuls crave.

- *Be quite sure that you know, what you are going to teach to the Bulbuls.*
- *Have a clear picture of the things in order to be able to answer any 'Why's and How 's' that the bulbuls may ask.*
- *Never come to the Flock meeting unprepared nor conduct in a haphazard manner.*
- *Meetings should be held regularly and out of doors as far as possible.*

- *Meeting time should be fixed either before or after school hours so that Bulbuls get away from the school atmosphere.*
- *The weekly meeting should be planned a few days in advance with the assistant Flock Leader.*
- *Roll call is absolutely essential at all meetings.*

The Bulbul Tree

The Bulbul Tree is a part and parcel of the Bulbul Flock. It is nice to set up a model of a Bulbul Tree with things like dead wood or sticks or with paper. This will avoid using the cultivated plants. The height of the bulbul Tree could be 2 to 3 feet, so that it will be easier for the bulbuls to touch and feel the Bulbul Tree with her left hand while giving the promise.

The circumference of the Bulbul Tree may be 2" to 3" (easy to preserve and shift from place to place) Branches should be limited to 8 branches. The above specification was adopted in the Ist Cub and Bulbul UTSAV held in Nizamuddin Training Centre, Bharat Scouts & Guides, New Delhi in the year 1976.

You may decorate the Bulbul Tree (Unlike Christmas Tree) with birds, nests, eggs and leaves. It should really look like a miniature tree. Do not arrange pictures, crafts etc. under the Bulbul Tree.

The Story of the Bulbul Tree
PART-1

Bulbuls had their nest in the fork of the tree a poor nest, but their own. And soon the eggs hatched out and the nest was full of little bulbuls, whose father and mother were kept busy trying to find food. So the little ones were left almost all the time alone.

At first they did not look very much like bulbuls; they were just like balls of soft fur and waiting for their feathers to grow. And all they did was to keep their eyes and mouths wide open

and look over the edge of the Nest and try to see. But the tree covered the Nest with a big Leaf as long as they were balls of soft fur (little bulbuls without feather), the shady leaf was all that they could see of the Big World. "tweet-tweet," said the bulbuls to the leaf.

The Leaf waved gently in replay "so you are beginning to open your eyes", said the Leaf. "What do you see?". We do not see anything but you, old leaf, we cannot even get a glimpse of our own Tree. You are in the way." Now listen, little bulbuls. Take it easy, one thing at a time. You can not know the tree until your feathers grow; and your feathers cannot grow until you see properly the Nest and Big Leaf. Let me examine you".

The leaf bent over and its tip touched the biggest bulbul. "Tell me what is in your Nest, you little bulbuls. The little bulbul opened their mouth. There is nothing in the Nest except a lot of other little bulbuls that press me down so tight that I can't move."

"All wrong! Now I know why your feathers don't grow quicker. You haven't yet begun to see! The other bulbuls are tucked around you closely to keep you warm and to prevent your falling out of the Nest and getting hurt. And also to take your mind off yourself a bit, you little bulbul and make you realise that the Tree of Life has other people to consider besides you. Your feathers will grow as soon as you begin to think of them not as being in your way but as fellow-birds, you have to help in keeping warm and safe."

"Um, Um," said the little bulbul, not very graciously; She did not answer back, but she had not yet sense enough to know that it is no use being murmuring when you are snubbed.

"What about you Downy Bird, went on the leaf, tickling another little beak." You've been staring at me enough with

your big round eyes. What have you seen?"

"You are only a Big Green Cover, came the sulky answer, and 1 wish they'd take you off."

No feathers! No feathers!! said the leaf You can not grow feathers till you see better than that. The Tree put me specially over the Nest and here I stay till you get sense. Now listen, skin and bones, I will make you to think about. The Leaf waived herself sideways and let the sun shine straight on the little bold heads of the little bulbuls, till they cried 'Aie, aie aie'

"Ha, ha! you little bulbuls, chuckled loudly the leaf. "Now you see something new about the old leaf, don't you? She keeps off the sun; and the rain too, which would turn the Nest into a cold bath, if I was not there. The little bulbuls felt foolish and said nothing.

And I have other uses' went on the Leaf." I wave and fan you and keep you cool. I hide you from the hungry birds of prey, I prevent tender eyes from being damaged by too much light. I am the roof over your head. I and the Nest and other little bulbuls and the big bulbuls who work to feed you all these are home. Home gives you everything; but your feathers won't begin to grow until you see yourself not as taking everything it gives you but as making some return, by giving up your own will for the common good. The Nest and the Leaf are in the Tree of life. The Tree is in the Big Garden of the World, and the World is in the Love of God."

The Leaf paused to take breath, and all the little bulbuls snuggled close together and shuddered with a new feeling of great joy. They were beginning to see.

And when the Leaf looked down on them it was the feathers beginning to grow and it was glad. And it began to count feathers.

"A bulbul is clean

A bulbul is active

A bulbul is cheery

A bulbul is truthful and unselfish"

- She ticked them off, "A bulbul smiles even when things go wrong." How are the feathers coming, you blue little bulbuls?" asked the Leaf at last. The little bulbuls looked at one another, saw each other's feathers sprouting nicely, stood up unsteadily on the floor of the Nest and all began to shout.

"Tweet-tweet! Tweet-tweet we are coming out. We are coming out of the Nest! Now may we all come out. Come out, you little bulbuls, said the Leaf. Trimming their pretty feather, the little bulbuls stood on the edge of the Nest. The Leaf, her task now finished, curled up and watched them and wondered what was going to happen next.

PART II

Suddenly the smallest little bulbul saw the Flower looking down on the little birds. "Tweet," said the little bulbul. And they all nearly fell back into the Nest at seeing a big, Smiling beautiful face so close to them." It is only me, "said the Flower, don't be alarmed. I have been expecting you. From the Nest you couldn't andice me, but now that expectingters are grown long and you can stand, we must see a lot of each other.

The Tree has put me here to help you.

The little bulbuls rolled its eyes, "Well" said the flower. The little bulbuls rolled its eyes more.

The Flower screwed up its eyes, it was not too well pleased. "Look here, you bulbuls, I did you the honour of addressing you, and I am waiting for an answer, She Stared at them.'

The little bulbuls stopped rolling their eyes and started laughing in a silly manner.

"Well!" said the Flower", Of all the little silly laugh I've ever seen! Dumb, are you? well, even so, don't you want to start doing something?" This time the smallest little bulbul opened her mouth little way and whispered," Yes big Flower".

"That's better! said the Flower," I was afraid you were going to go on laughing till the cows came home, and we'd never get down to business. When you were little birds, you begin to see, Now that you are little grown up bird, you must begin to do. "The little bulbuls all began to wriggle and stamp with eagerness, nearly knocking each other off the Nest.

"Steady, Steady! you feathery little birds", said the Flower", before getting started better make up your minds what you are going to do". "Now listen to me", said the Flower, "I will be the Wise bird. [The Flock Leader] and tell you what to do. But not unless you start by saying that you'll do just what I suggest and not just what you like Eh! eh! speak up there, Lucy-Long-Legs, is that all right. Lucy-Long- Legs said "Yes and all the other little bulbuls echoed it.

"Good, good, good!" said the Flower, wasting two goods in her desire to be emphatic. Stand round the edge of the Nest, at equal distance from one another."

They did it, not very smartly.

"Now bulbuls when I say one - two raise your bits of wings and lower them, all together, keeping time." The little bulbuls were delighted, they thought that they were going to fly. But after five minutes as the Flower kept on saying One-Two, One-Two, and they kept lifting and lowering their wings, the little bulbuls began to be disappointed, then tired, then cross-all except one, whose name was Sapphire, who kept on smiling and doing as hard as she could do.

Suddenly the Flower stopped in the middle of a beat and found all the wings drooping and all the eyes beginning to fill with tears, except sapphire's whose teeth were set and whose wings were working and whose smiles was a bit grey but could be recognised as a real smile.

"Yes, yes, yes"! chuckled the Flower, waiting more valuable words, "thank you, thank you. That's all I wanted to know. You do not have all the feathers yet, except sapphire, perhaps she is beginning to be really something like a bulbul, because she gave you all good example instead of following the bad example of those who gave up first. That is my true-blue sapphire; I hereby appoint you Sixer of these six sisters, what do you think we might do next.

Sapphire blushed and was on the point of starting to laugh again, when she remembered that she had to go on giving good example, so she set your face hard, that was the best that she could do, the Flower's praise had paralyzed her thinking-box. "All right, all right", said the Flower, that for one may be beautiful and good, and still have funny with ways. "I will tell you what to do, clean out that Nest."

Indeed the lining was all ruffled round the edges of the Nest, there were remnants of food on the floor of it, and a twig had got stuck in it, much to every body's inconvenience. This was soon set in order, and the Flower went on to train the little bulbuls in all sorts of other ways, to do things for themselves and not to expect anyone to, wait on them? And one day, she looks very solemn, as she called together for a pow-wow.

Little bulbuls, your feathers are grown beautifully. I'm afraid that they've grown too long for me. The Leaf taught you to see; I taught you to do, now the tree wants you to go up higher "The Leaf pointed to a branch just above the little bulbuls head.

"See that branch? Now, each of you take one good hop, with wings outstretched waiting alight on that perch and find since they parted from the Leaf, kissed the Flower, and shed a tear or had not done to the Leaf. and even said Thank you many times as they had not done to the Leaf.

The Flower looked away, and a passing bee picked up the tear that was just beginning to drop down her lovely cheek- Then she turned back with a big, broad, comfortable smile that hugged all the little bulbuls in one wide embrace. "good bye", said the Flower "Good bye little bulbuls, I mean big wingy bulbuls! Good-bye, Good Bye, Good Bye," And partly she added as a parting shot. "God bless you". Saphire went up first; She tweeted, spread her wings out, hopped and landed safe. Swaying a little on the branch, she looked down and called encouragement to the others.

One by one, they made the jump and soon stood on the perch recovering their breath. All except poor Lucy-Long-Legs, who made only a half hearted effort, she not only missed the branch but missed the Nest in falling back and fluttered down, down out of sight, and was seen no more.

A voice behind the bulbuls made them all turn round.

PART III

"Morning Hop-ups, you don't seem to be very busy, if I may so "The speaker was a round, red fruit, just hurting with comfortable ripeness." We have only just arrived "they said.

"Which, if I may say so, is not the best of reason for standing there doing nothing, when there are so many things waiting for you to lend a hand. "Bulbuls were silent. They cocked their heads on one side Questioningly, and waited for the Fruit to explain his idea. They wondered whether he would begin with" if I may so".

He did. "if I may say so, you seem to be a bit lacking in imagination jumpy ones I mean you don't see things until somebody else tells you."

The bulbuls looked down their beaks, and said nothing, hard "Can't help, I suppose. It's due to the Flower's training. Always told you what to do, and never let you think out things for your selves. Better than the Leaf anyhow, she just talked to you. The Flower at least let you do something, but mostly for yourselves. Now I am the Fruit....." He stopped and cleared his throat, giving the fact that he was the Fruit time to sink in to their little heads.

They were quite ready to believe he was the fruit. He had a fruity voice-you know, it went down your ear like honey going down your throat. He was downy-soft and both his cheeks were red. He was quite obviously the Chief product of the Tree.

"I am the Fruit" said he. "I am what the Tree is for. I am useful service, that's me, they do come and sleep in the shade of the leaves, they do put the Flowers in their button-holes, but they never go away without looking up to see if I am ripe. And when I am ripe....." he paused and seemed no longer boastful, as if some inward mystery is transforming him, as if he was unworthy of his strange and glorious fate' If I may say so, I let them pick me. I offer them myself to eat.

His red cheeks glowed. His face hardly hid his blushes. His voice was creamier than ever when he spoke again," That's why they sent you up to me, See? You have to learn not only to do, but to do for others. To be of use. To lend a hand. Shaking a leg is not enough like flapping your ears all waste of time. What you want to get hold of is the idea of service. And, if may say so, it's high time you got started.

The nearest bulbul to the Fruit was a small but very wide-awake young-chick. She leaned over towards the fruit and

said, "Ripe fruit, since you are to be our Flock Leader, during his course of service. We are all most eager to get started. May I start on you? and without waiting for an answer, she pecked at a little forward ant that was running over the fruit's red face. She dislodged the ant, but also scratched the face.

"Now-now, now-now, I "the fruit astonished away a won't do at al I had invited the nice wee ant to come and take away a little gum that is oozing round my stalk. And now you have sent him flying. And You've made a hole in my skin. Till you get sense, you'd better have been sent to me to be trained before you fly out in to the garden."

Soon he had them all hopping from twig to twig and chasing the caterpillar that were eating the edges of the leaves. They discovered that being useful could be the beast for the fun in the world. However, they were taught not to do it for the fun, but to go on doing it after they were tired.

With their little beaks they cleaned the chalice of the Flowers, polished the petals and stroke the buds. With their wing, getting strong with heavy feathers, they smoothed the down on the red cheeks of the fruits and moved the leaves about so as to let in the sun where it was wanted. All day long they were kept busy. Their Flock Leader [the Fruit] called them his little missionaries, but they did not know what he meant by that until he gathered from together, one fine day, and spoke as follows;

"Bulbuls. I have noticed you, of late, stopping here and there in the middle of your work, and starting to flap your wings." They all had done it but none of them had ever thought she had been noticed. They dropped their heads,

"That's perfectly all right" went on the ripe, red fruit." It only means that your course with me is nearly finished and that it is the time for you to flyaway. And that is just as well,

because the Leaf tells me there's another Flock of little birds ready to come up to me for training However, if I may say so, I think she had better find another Fruit, because I have a feeling that my time is come for being picked and eaten."

The bulbuls uttered many ohs and Ahs, but really they were not so very sorry. They have learned that Life is service, and they were quiet ready to fly out into the Garden. As for the Fruit, if he had been made by God to be picked and eaten, was there anything better that could happen? Parting would be heard but that was part of service too. have only one more thing to say. You are good and faithful Bulbuls. You have begun to serve. There is one more thing for you to learn, and here it is: Service, to be perfect, must be for God. It is not good enough to service out of good nature or in order to please others. Your service must be given in God's name..... Awed, they were silent.

Then through the lossy leaves, came a strong hand, that plucked the ripe fruit and went away. The Bulbuls were looking after him with hesitation, when their father and Mother came and sat on the branch beside them. In the excitement of being taught by leaf and Flower and fruit, they had almost forgotten Father and mother, except at meal times.

Now, however, with the Leaf curled up and the Flower blown, and the fruit carried away and eaten, they were indeed glad that Father and Mother were there on either side of them.

"Well, little bulbuls, have you learned it all" asked Father, who always like to tease. Then seeing they were sad he went on quickly, Mother and I have come to give you your first flying lesson, will that be nice?"

Everything else forgotten for the moment, the Bulbuls thrilled at the thought of flight. As Father and Mother she wed them, they stretched their wings and spread their feathers and felt the wind lifting them off their feet. Suddenly both Father

and the Mother left the branch and circling round cried; Fly! Fly! Fly! one by one the bulbuls dropped into space and themselves supported on the puffy air. And so they came from the Tree of life into the Garden of the World; and they knew that it had been planted by God; what he expected them to do in it also knew. And each of them went on to do it.

(Source : South India Catholic Guide Federation Hand Book)

Advancement of a Bulbul

a) ***A Bulbul Asprint*** *on Completion of 5 years of age and invested, after working for at least 3 Months, becomes a* ***Pravesh*** *Bulbul.*

b) ***A Pravesh Bulbul*** *is eligible to become a* ***Komal Pankh*** *Bulbul after 3 monthe.*

c) ***A Komal Pankh Bulbul*** *is elitigible to months become a* ***Rajat Pankh*** *Bulbul after 3 months.*

d) ***A Rajat Pankh Bulbul*** *is eligible to a become* ***Suvarna Pankh*** *Bulbul after 3 months.*

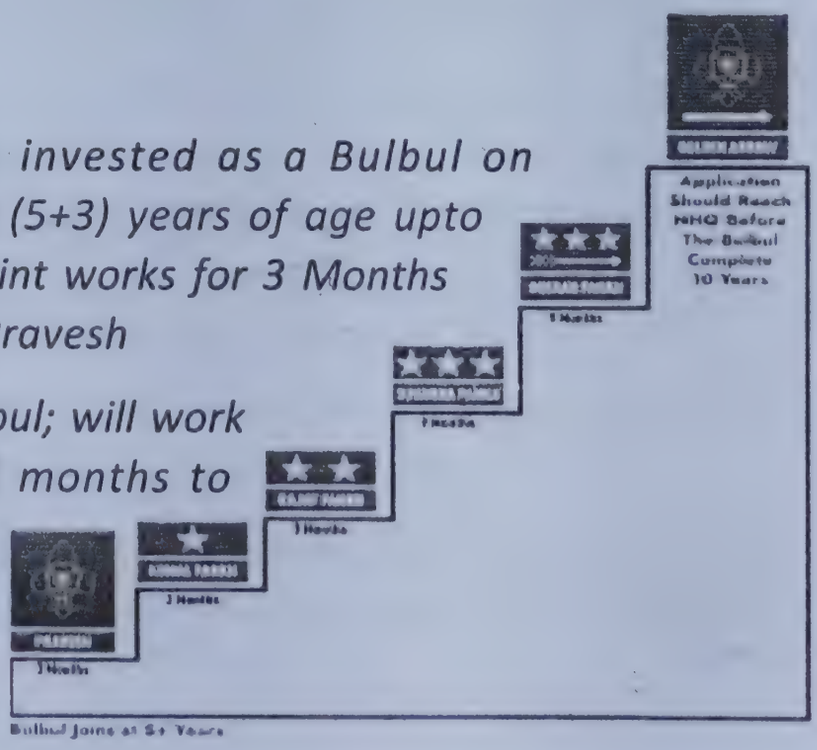
e) ***A Suvarna Pankh Bulbul*** *is eligible to become a* ***Heerak Pankh*** *Bulbul after 9 months.*

A Heerak Pankh Bulbul can earn Golden Arrow, by earning 6 Proficlancy Badges before She Completes 10 Years of Age.

Note:

1. *A girl can be invested as a Bulbul on completion of (5+3) years of age upto 10 years. Asprint works for 3 Months to Complete Pravesh*

2. *A Pravesh Bulbul; will work at least for 3 months to qualify for Komal Pankh.*



3. *A Komal Pankh Bulbul will work for at least 3 months to qualify for Rajat Pankh.*

4. *A Rajat Pankh Bulbul will work at least 9 months to qualify for Suvarna Pankh.*

5. *A Suvarna Pankh Bulbul will work at least 9 months to qualify for Heerak Pankh.*

6. *A Heerak Pank Bulbul having earned totally six Proficiency Badges, before completing Ten Years - One Badge each in Suvarna Pankh and Heerak Pankh, Remaining 4 badges to be earned from the Proficiency badge groups not earned earlier. She may be awarded a special Badge called "Golden Arrow" if she submits the application before Ten Years.*

before Completing ten years.

After gaining Suvama Pankh, a Bulbul may win any or all the Proficiency Badges.

7. *For Pravesh and Komal Pankh the Flock Leader will arrange for training Counselors for testing.*

8. *From Rajat Pankh onwards and for all Proficiency Badges Training, Counselors will arrange testing.*

PRAVESH

CHAPTER-I

THE STORY OF TARA

Once upon a time there was a little girl called Tara. She was a pretty little girl and she had a kind father and mother, but was a very unhappy little girl.

Every one who knew her was sorry for her because she always seemed to be so sad. She lived in rather a poor little house, and her father went to work but his pay was not much so there was not enough money to spend.

One day she came back from school and found her mother very busy. The baby on the cot was crying; her mother was trying to cook the evening meal but she had to keep on getting up to comfort the baby. He was getting teeth and was very cross. The house looked untidy and uncomfortable and Tara only peeped in. As soon as she saw hoe it was, she slipped away, and she said to herself, "If I show myself, mother will tell me to sweep the floor and polish the brass pots and comfort the baby and do all sorts of work. I have been in school and learned to read. Why should I do house work and comfort crying babies?"

So off she went to a little mango grove not far away and there she sat down in the cool shade of a tree.

Presently a Bulbul came and perched in the tree over her head. She cried, "Little girl! what are you doing here, all alone under a tree?"

"I am thinking", said Tara, "I am a very unfortunate girl. My father is a poor and I never can be happy. When I go to school I have no gold necklace or hair ornaments like some other girls. My dress is a common cotton one instead of silk. When I come home there is work to do. My mother is always wanting me to sweep the house, to clean the pots or to comfort the baby. Why can't I be rich and happy? There is a picture of a queen in my school book. She has a beautiful crown of jewels on her head and necklace of pearls. No doubt she has nothing to do, and is happy through out the day."

"Poor little Tara!" said the Bulbul". It is sad that you cannot be happy. Come! I will take you out in the world and show you some of the richest and happiest people I know. Just pick a few berries off that Neem tree and give them to me to eat." The bird flew down on to the ground and Tara, much surprised, picked some berries off a low branch of a Neem tree and held them out of her hand. She picked them her hand and swallowed them, and then a wonderful thing happened she began to grow larger and larger as she stood there till she was a big as a Garuda but still she had the lovely colour as before

"Now climb on my back. little Tara", said she. Nestle down among my nice warm feathers and we will fly far off and see some of the people in the world. So Tara climbed up and found a lovely warm place on the bird's back. 'Hold fast,' cried she, and she flapped her huge wings and rose up in the air. At first, Tara was frightened and clung to the big feathers for : he was quite giddy and was afraid of clinging, but very soon she got used to the feeling of flying through the air and she looked about her with great interest. They flew over forests and plains. Far below she saw a wide river winding. The fields looked like little patches on a quilt. Some were green with young rice plants others were black or red according to the colour of earth, and on some of them she could see tiny specks moving about. Those were the men and bullocks ploughing and sowing. They

passed over villages and towns until at last Tara asleep. When she woke up the bird spoke to her. 'Put your hand under my right wing' said she. "There you will find some white powder. Rub a little on my head and on your forehead' What is that for? asked Tara with full of curiosity. 'It will make us invisible,' answered the bird, and I want to take you into a house in this big town and I think the people would be rather surprised if they would see a big bird and a little girl walking about together' Tara laughed, 'Yes we would look funny, she said. So she put her hand under the bird's wing and when she drew it out that it was covered with white powder. Some she rubbed on the bird's head and some on her own forehead and very soon she alighted and stopped in a street. A great many people were walking up and down but they did not seem to notice the strange pair. 'Are we really invisible?" asked Tara. 'Yes', said the Bulbul. No one can see you now or even hear you talk. Come, we will go into this house!

Tara felt rather scared as they went up the steps of a very grand palace but soon understood that no one saw them and she was out of fear

They went into a gorgeous room where a little girl lay on cushions She was dressed in silk and had pearls round her neck and a large nose ring. She was turning over a box of jewels. A maid held up string after string of pearls and diamonds. 'See Princess, these lovely jewels that your father has given you', said she. "Oh yes! I suppose they are lovely! said the Princess, yawned as she spoke. The door opened and another maid came in. She carried a lovely dress of pink silk with a gold border Your mother sends her greetings, Princess, and this costly dress The Princess looked up. "Very pretty" she said. But I would have liked a blue one better. Put it in my cupboard and convey my pranams to my mother. Oh dear, oh dear, how dull it is being a Princess. Why can't I be a poor girl and go to school with other children? Why can't I go to bazar

on Saturday and buy grain and vegetables and oil like other little girls? Why can't I grind and cook like other little girls? Oh Princess, said the maid, 'think how you would spoil your beautiful silk dress. Your hands would get hard with grinding. The smoke of the fire would spoil your lovely pearls, 'I don't want pearls and silks,' said the Princess crossly, 'I want something to do'.

She doesn't seem to be happy, does she? said the Bulbul to Tara 'Come, and I will show you some one else. They slipped out of the palace and Tara got on to her friend's back and they were soon flying far away towards another great city. 'Here lives a very different sort of Princess' said the Bulbul. 'Come, she is just going to bed. We will slip in and see her'.

No one noticed them as they walked into the palace and the Bulbul led Tara into a nice room where a little girl was sitting on her mother's lap. "Tell me darling,' said the mother, 'have you laid a a very happy day today?"

'Oh Yes', said the child, "In the morning I did my Home Work and then read new book about other countries. When I went out I saw a poor little girl who had nothing to eat. Then I gave away the rupee you gave me, to buy sweet. She was so glad and I was also happy. Then I bought some oranges and gove to the Sick people in the Hospital. After coming home I learnt how to make Chapatis. I will improve tomarrow, as you said it was a Shame for any women not to know cooking. "No v queen mother, tell me what you have been doing today", she said, putting her arms round her mother's neck and kissing her 'You look rather tired' she said. "Well, yes" said the Queen, I am rather tired, as I have been very busy. Now I am afraid I must go and get dressed up, for another King and Queen Who are coming to dinner tonight, and Oh dear! I shall be very tired before I can go to bed".

Just then the Bulbul touched Tara. 'Come' she said, "we must go if we are to visit another house tonight".

Tara put her arm round the bird's neck. I like that Queen, 'she said, 'she looks so kind, but I didn't know it was such hard work being a queen. I didn't think queens ever got tired.'

The bird chuckled, you are learning some new things, 'she said Now I am going to show you a very different Queen. She flew a little way out of the town and stepped before a small hose. It looked warm and comfortable as they stepped inside, but evidently belonged to quite poor people. A woman lay on a cot with a tiny baby beside her and a girl of about Tara's age was very busy in cooking. The brass pots shone like gold in the firelight and smell rose from the one that was steaming on the fire.

'Rani'! Rani! where are you? called a voice from outside. The little girl jumped up and ran to the door. 'Here I am, father dear. All is well. The mother is asleep and so is the baby. I have had a lovely day. You didn't think I could keep house so well, did you? I have been so busy. I swept the house and washed the baby's clothes and cooked some kanji for mother. She said it was quite good and now I have cooked your food and I do hope it is good! Her father kissed her. "You haven't had any time to sit still or play,' he said, "No, not a moment!" answered the little girl proudly. But it is much nicer to do things than to play like a baby and besides it makes me happy to do things than to play for you and for mother. I like to see her resting on the bed with baby while I do the work. That makes me much happier than sitting about doing nothing.

Tara turned to the Bulbul. Take me home quickly said she. I want to go and help my mother and father like this. I could sweep and cook and look after our baby just as well as this little girl. Climb on to my back and close your eyes then, said the Bulbul. Tara did as she was told and almost at once she said, "Here we are, open.

Her mother looked up. 'Where have you been, my child? said she, I have been looking for happiness," said Tara, and I have discovered that it can be found at home. She moved quickly about the house, swept the floor, polished the brass pots, sang to the baby as she passed, and then sat down and told her mother about her wonderful adventures. 'So you see mother, I have found out that happiness does not come by possessing gold and jewels and silk, but by trying to make other people happy.

From that day there was no where to be found a happier little girl than Tara. She was always ready to help a school friend. Her mother found her the most useful girl and the Bulbul sat on the tree outside the door and sang joyfully.

1. Promise

I Promise to do my best
To do my duty to God and my Country
To keep the Bulbul Law
And to do a Good turn every day

A Bulbul must learn that God is everywhere We show reverence to God through daily prayers and also through helping others, honouring and respecting our elders, and appreciate the creation of God. Develop love for Motherland and become a good and useful citizen in future.

2. Law

1. *The Bulbul gives into elders*
2. *The Bulbul is clean and courteous*

A Bulbul obeys elders with respect and carries out the assignments with smile and not to be selfish.

A Bulbul will keep her body and her belongings clean and tidy She always looks smart by keeping her hair neat, wash and comb it, cut her nails, keep her teeth clean and polish her shoes.

A Bulbul shows courtesy in her each action and behavior. She is polite to her parents, Flock leaders, friends and elders.

Motto

DO YOUR BEST is the Motto of the Bulbul. She tries her efforts to do everything to the best of her ability, be it a work or a play.

***The Bulbul Greetings** - The Grand Salute*

The Grand salute is given on special occasions when some distinguished Visitors visit the Flock.

The Bulbuls form the ring, squat on their heels with two hands between the feet, fingers held as in salute touching the ground close cach other. The visitors are led to the centre of the ring. The bulbuls all together start. "Tu-whit-tu-who-oo-oo, Tu-whit, tu-who-00-00-00. Tu-whit, tu-who-oo-oo-oo. "Do your best".

Every time they bend and touch the ground when they say 'to whit and raise higher for tuwhoo and every time raising their voice as they raise. For the third time they shout still louder until it ends in a shriek. a leap in the air, and a clap of the hands over the head, and jump and stand at attention in absolute silence and salute and say. Do your best (You can give a clap as a signal for the bulbuls to follow the instructions)

3. Bulbul Salute

The Bulbul salute is given by raising the right arm smartly to the level of the shoulder, palm to the front, with the first two fingers stretched together, the first two fingers touching the forehead and thumb closing on the last two fingers After the salute the arm is smartly brought down

When a Bulbul meets another bulbul or a member of the Association, she gives the salute and she stands at attention while giving the salute, accompanied with a Bulbul smile. The salute is another sign to show that she is a Bulbul even though she may not be in uniform.

Left Hand Shake

When a Bulbul meets any uniformed member of the movement she greets with

a left Hand Shake which is the secret sign of the movement. It is a form of greeting. It is the sign of bravery and a secret sign of sisterhood between them.

4. Offer Daily Prayer as told by Parents

Prayer is essential to every body. Prayer is nothing but talking to God. If you are a real friend, you pray to him. Tell him about the things which have made you happy. You many tell him about the things, that frighten you and the things you are Sorry, you have done. He is glad if you offer to help him and he is always willing to help you. In other words offer prayer to God for all the beautiful things which was made. So your first duty is to offer daily prayer as told by your parents.

5. Do a good turn at Home:

Good Turn means the act of kindness and helpfulness. Bulbuls make themselves happy by making others happy.

Good turns are little help given by Bulbuls to other people without expecting any reward in return. Many Good-turns can

be done by Bulbuls every day to someone does not matter who the person is - friend, stranger, child or animal the habit if doing at least one good turn a day will led Bulbuls to prepare themselves to help or serve others when they become Guides and Rangers. Good Turns can be done at home by :

1. *Cleaning vessels at home to help your mother.*
2. *Lay the table.*
3. *Make tea for one or two people.*
4. *Engage your younger brothers and sisters when your mother is busy in cooking or other domestic work*
5. *Help Younger brothers and sisters in getting ready to go to school.*
6. *Help elder brothers and sisters by getting some things from nearby shops or market.*
7. *Help elder people at home.*
8. *Help father in keeping his shoes polished keeping them ready and so on.*
9. *Watering the plants.*
10. *Cheer up others, when things go wrong.*
11. *Sweeping and swabbing the floor.*
12. *Posting the letters for others.*
13. *Visit the old age homes and help the older people.*
14. *Help the dull children at school in their studies.*
15. *Help the poor children by giving pencil, pen rubber, notebook etc.*
16. *Help others to cross the road.*
17. *Keep the class rooms clean and tidy.*

When a recruit completes the above requirements, she makes the Bulbul Promise to the Flock Leader she will be investiture as a Bulbul.

Then she will be eligible to wear the bulbul uniform and membership badge.

The Flock Leaders will present a Badge and scarf in a ceremony.

THE INVESTITURE OF A BULBUL

When the girl has successfully completed PRAVESH test as a Recruit, she is enrolled and admitted into her "Six" as a Bulbul and she can then go on and work for further progressive Pankh Tests.

Investiture Ceremony For A Bulbul

BULBUL RING

For the investiture ceremony the Bulbuls form the Ring around the Bulbul tree. The Flock Leader will be standing by the side of the Bulbul tree. The Asst. Flock Leader will stand to the left of the Flock Leader. Scarf and Badge will be placed on B.B. Tree. A FL will hand over the Badge & Scarf taking from the tree.

The Sixer flies up with the Recruit to be invested to the Flock Leader and says, standing at attention. "Flock Leader, Leela has passed her pravesh test and wishes to become a member of our Flock.

Flock Leader. What is the Bulbul Law?

***Leela:** The Bulbul gives in to the elders.*

The Bulbul is clean and courteous.

***Flock Leader:** Do you know the Bulbul Promise?*

***Leela:** "Yes" Flock Leader.*

***Flock Leader:** Do you know that if you make a promise you must always stick to it and also do your best to carry it out, do you still wish to make it?*

Leela.... "Yes" Flock Leader.

***Flock Leader:** "Then come to the Bulbul Tree and make the promise as a Bulbul."*

Leela takes a step forward, touching the Bulbul Tree with her left hand and with her right hand at salute, repeats the promise.

Flock Leader pinning the Bulbul Membership Badge on the middle of her left sleeve and says" Now you are a Bulbul of Pragati Flock. I trust you to do your best for the Flock.

The Flock Leader and the Bulbul give each other the Salute and shake hands, with the left hand. She welcomes her into the Flock. The Bulbul faces the Flock and salutes to the Flock, and then flies back to her six with her sixer.

Her six Bulbuls shake hands with her to welcome her into the six. After the Ceremony the Flock Leader should tell them a story with some moral-then finish the day with the closing Ceremony.

There is no Bulbul Sign. They give the Bulbul Saiute while taking the Promise.

She is eligible to wear the Bulbul Uniform and Membership Badge. The Membership Badge is a cloth badge with a blue background with Fleur-de-lis in Yellow superimposed by the trefoil with Ashoka Chakra also in yellow in the Centre. Membership badge is worn in the middle of the left sleeve. The Membership Badge shall be issued by the Local or District Association, as the case may be, on the recommendation of the Flock Leader.

KOMAL PANKH

1) Know how to keep personal effects (clothes, footwear etc.) neat and tidy and be able to sew button, garment.

2) Learn to pray before meals.

3) Do daily Good turn at home and at School.

a) Personal Effects

A Bulbul must learn to keep her personal belongings like her clothes foot-wears, books and bed clean and tidy.

Clothes:

- *Know to fold the clothes (Frock-skirt-blouse-bed sheets etc.)*
- *Know to wash woolen clothes.*

- *When washing cotton clothes first wash the dirty garment.*
- *Wash woolen and nylon clothes gently.*
- *Wash coloured clothes separately.*
- *Dried clothes to be folded and kept neatly.*

Foot Wears:

- *A Bulbul must know to wear proper footwear.*
- *It should be correct size for the legs.*
- *Shoes to be polished with proper brush.*
- *Shoelaces should be tied properly.*
- *Shoes to be cleaned and kept properly after use.*

b) Sew Button on Garments:

Decide the colour and size of the button and where it is to go on the garment. Thread the needle with double cotton thread, put both ends together. Sew at least three times through each pair of holes, then wind the thread several times between the button and material before fastening it off on the wrong side. Always check after washing if buttons are proper and if they are broken or lost, mend them immediately.

2. Learn to pray before meals

God has given us many things. We have to thank him for the presents, home, family, food, pets, birds, animals, trees,

flowers, Air and water etc. - everything in the whole world that is good and beautiful Keep thanking Him and show the gratitude by praying and by doing our duty to God. Learn Few Graces

1. *God has created a new day*
   Silver and Green and Gold
   Live that the sunset may find us
   Worthy His gift to hold.

2. *Hey Ishwar teri mahima ho*
   Is Samay ke liye teri mahima ho,
   Is jeevan ke liye teri mahima ho
   Is Bhojan ke liye teri mahima ho.

3. *Gurur Brahma, Gurur Vishnuh,*
   Gurur Devo Maheswarah
   Gurussakshath Parabrahma
   tasmai shri gurave namah.

4. *For health and strength and daily food,*
   We praise Thy name O God.

3. Do daily Good Turn at home and at school

Good turn means the act of kindness and helpfulness. Do a good turn every day to someone..... does not matter who the person is..... friend, stranger, child or animal. Bulbuls will get a chance of doing an act of politeness in their own home. Such as taking care of younger brother/sister, keeping the house clean, helping old people at home etc. Let this become a habit which moulds her character and develop attitude of lending a hand spontaneously which may lead her to preparedness and service mindedness.

Good Turn is any help given to anybody who is in need without expecting any reward in return. A Bulbul as per the motto tries her best to do at least one Good Turn every day, so

that she can be helpful at home, at school, or on the way to school she should find opportunity to extend help even to unknown person. The habit which is cultivated when she is a Bulbul enables her to become a useful citizen

Good Turns at School

(1) Keep the class room and blackboard clean.

(2) Keep the chairs and desks in their places in an orderly way.

(3) Help the class mates in lending a pencil or sharing her book if they have forgotten to bring or lost.

(4) Pick up the bits of paper, stones on the play ground and remove pieces of glass.

(5) Lend note books to the class mates who could not attend the class for valid reasons.

(6) Help the younger school mates to get drinking water at intervals by making them stand in a queue.

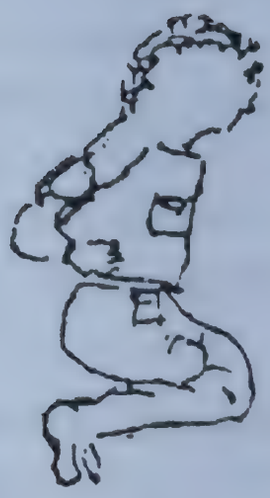
(7) Help the younger girls when they fall down and get hurt. Help them to get up and take them to first Aid counter or to the Flock Leader or to the class Teacher for proper treatment.

4. Exercise:

Do knee bending and toe touching exercise regularly and maintain good Health habits. "A sound mind in a sound body". The Bulbul age is the right age to cultivate good habits. Apart from good food and fresh air, there is another very important thing ie: exercise. So if you want to grow in size and strength exercise every part of the body.

(a) Knee Bending:

Let the bulbuls assume squat position, hands in front on the floor. They should thrust legs back where the body is



straight from shoulders to feet. Then they return to squat position and stand up.

(b) Toe Touching:

The Bulbuls stand with feet apart. Both the hands are stretched up straight, then slowly bring the hands down, keeping elbows and knees straight and let the fingers touch the toes. Then they come to alert. Repeating this exercise many times gives strength to muscles.

(c) Health Habits:

Only feed on wholesome fare,
Through your nostrils breath fresh air;
Clean your inside and out;
Twist and bend and run about.

(i) Clean Hands and Feet:

Bulbuls work and play with their hands and run about the ground with their feet, so these are the parts of the body that most quickly get dirty. Educate them to wash them often with soap and clean water, especially before taking food.

(ii) Nails:

There are poisonous little germs which float about in the air.

They are liable to get on to the hands. and to hide under the finger nails. Therefore, they should always be careful to keep these clean, especially before handling food. Nails both on fingers and toes should be kept properly, trimmed with nail cutter or scissors. Pain is often caused by leaving the nail of the toe to grow too long, until by pressure of the shoe, it is driven to grow sideways into the toe.

Finger Nails should also, be cut about once a week to keep them in good order. They can be rounded to the shape of the finger to prevent the corners cutting and getting torn. Biting nails is very bad and makes the nails look very ugly.

(iii) Teeth:

Unless a girl can chew her food well, she can not digest it It is the food which turns into blood and gives us strength and keeps us healthy.

Poisonous germs attack the teeth quickly. They get between the teeth and burrow inside them and bring about that awful pain known as tooth-ache, and the teeth rot away and have to be pulled out, and food does not get properly chewed.

Teeth to be cleaned after breakfast too, if possible do try to rinse them with clean water. Brush up teeth and down as well as from side to side after every meal. Proper tooth brush and paste/powder should be used.

(iv) Fresh air and deep breathing:

Fresh air purifies the blood. Breathing fresh air through nose to be insisted. The air that breathed in through the nose enters the lungs and purifies the blood. Breathing through the mouth is a bad habit.

5. Practice any two of the following Physical activities:

(a) Balance walk.

(b) Throw and catch a tennis (or equivalent) ball from 3 meters.

(c) Hopping

(d) Skipping.

***(a) Balance walk:** Balancing 1 Kg weight on the head and walk 10 meters.*

***(b) Throw and catch Tennis Ball** (or equivalent) from 3 meters.*

The Bulbuls should hold the ball slightly with the tips of fingers. If they are right handed, they stand with their left foot and left shoulder forward. Then with a strong movement right from the shoulder, throw a ball ending with a straight right arm.

To catch the ball-keep the eye on it all the way from the person who throws it. They should not expect the ball to fall into their hand straight. They should try to catch without losing it.

***(c) Hopping:** All movements by the players, chaser and the chased are done by means of hopping on one leg. Legs however can be changed at will. When a player is not being chased, she is allowed to stand on both feet for rest.*

***Hopping Letters :** The Leader hops on the floor the outline of the letters of a word.*

(d) Skipping:

(i) Skip 10 times turning the rope.

(ii) Skip right round the playground.

(iii) Skip 10 times crossing the feet.

(iv) Skip in time to any music.

(v) Make up a fancy step.

(vi) Blind fold skipping.

(vii) Skipping on one leg.

(viii) Backwards skipping.

Three Musts for a Good Skipper

(i) The skipping rope must be long enough (i.e. it should touch the toes when the person stands up straightand stretches the arm out).

(ii) Hold the body correctly - i.e. head erect, chest out, arms stretched right out, knees straight when in the air, but bent when touching the ground.

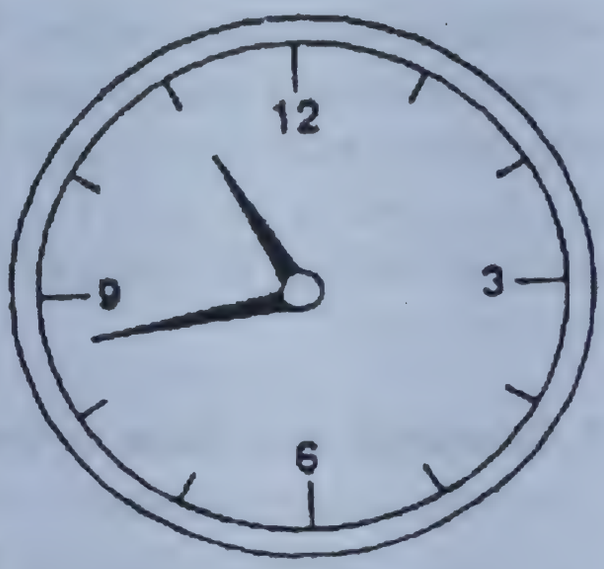
(iii) Land lightly on the toes, give a little bounce and then up again.

6. Make a collection of 10 different leaves, flowers and tell the name of each. Paste and label them in a Scrap Book

The Flock Leader should create interest and make the Bulbuls observant in nature and be familiar with trees and plants. They should be able to recognise the tree from leaves and flowers and tell the name of each. She can enthuse them to make a collection of leaves, flowers in the area and teach

them how to preserve them. Let them make an album of these with neat preservation, labeling them.

7. Be able to tell time by the clock.

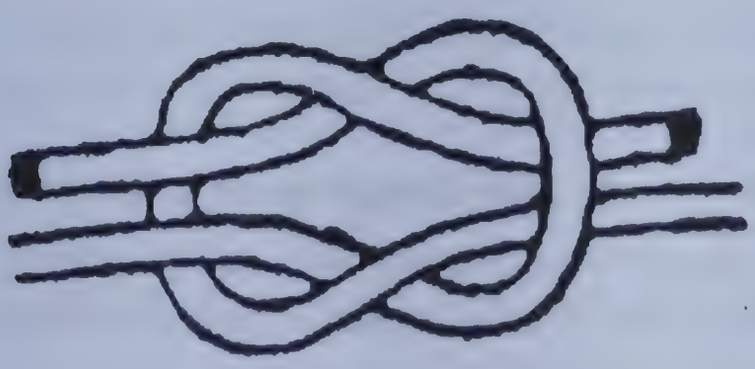


Bulbul should be trained to be punctual and keep up time. "Time is precious". They should be able to tell the time calculating the hour and minutes. The working of long hand and shorthand, the 12 numbers, the lines between the numbers- what does each indicate. All these things should be practiced. This can be done at home also. Let the Bulbuls make a clock out of a cardboard with hands that move. They can practice and test themselves.

8. Tie a Reef Knot and Clove hitch and show their uses.

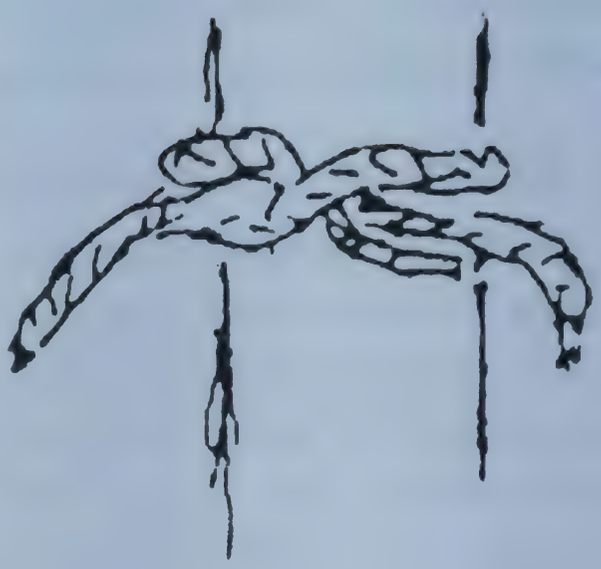
Reef Knot:

This Knot is used for tying together any two ends of equal thickness. It is also the knot which should be used for tying triangular bandages. It is a good knot for fastening parcels and the ropes round rolls of bedding. Dhobies use it for tying up the ends of their bundles. It is a flat knot, easily untied and does not slip.



Clove Hitch:

This knot is used to tie a rope around a post. It is a firm knot, it requires an additional half hitch to make it more firm. This is used to put up a clothes line, To tie a bedroll. This knot is also used to tie over the toggle of the flag, as a sling to rest the hand.



9. Complete any three or the following:

(a) Ride a bicycle.

(b) Write address and affix stamps on an envelope for posting

(c) Tell what to do when the flags are flown and National Anthem is sung or played.

(d) Find out the meaning of the Badge given at the time of investiture.

(e) Use a telephone.

(a) Ride a bicycle:

The Bulbul should be able to ride a bicycle, using the brakes correctly, at least one Km. Use proper hand signals in the traffic junctions. Should keep the bicycle in good condition. Be sure that her bike has good brakes, Bell, Light on the front and red glass reflector on the rear. Know how to, find out lighting time and learn why lights are necessary. Knowledge of signals that cyclist give and observe is also important.

(b) Write address and affix stamps on an envelope for posting:

Write the address clearly and legibly, giving the name, door number of the house, street, name of the locality, city, pincode on the envelope.

Stamps should be fixed on the right hand corner of the envelope and write your own name and address on the opposite side, down the corner of the envelope. This will help you to get back if the letter is not delivered. Knowledge of post box, the place where it is found, what time the last post is collected on weekdays and Sundays. Convert this programme into an activity to make them thorough in writing the address.

(c) Tell what to do when the flags are flown and National Anthem is sung or played.

National Flag is ours. It represents our country and should treat it with care and respect. When the flag is being hoisted, everybody must stand at attention and salute when the Flag is flown and when the National Anthem is sung or played every one should stand at attention as a mark of respect.

(d) Find out the meaning of the badge given at the time of investiture.

This is a membership badge. It symbolises her entry into a new life of adventure, fun and usefulness which will go on until the end of her life. The badge is a passport to unknown places. It signifies the bond of union among the members of the World Association of Girl Guides and Girl Scouts. It also shows that the person is committed to lead a decent and helpful life and is truthful and trustworthy.

(e) Use of basic Communication device. telephone OR Mobile :

The following tips may be helpful to each:

1. *To dial the number, lift the receiver and listen for dial tone.*
2. *Be sure of the number you wish to call.*
3. *Keep a pad handy to write down the message.*
4. *Using a dial rotate it firmly round to the top and allow it*

to return by itself or press the digit smoothly to make a call. While answering calls, replay clearly and promptly. Give the name and the number from your end.

5. *After using the telephone replace the receiver in a proper way and keep it firmly on its rest. If the hand set is not in its place telephone will be temporarily disconnected. If you are needed it may be difficult to contact you.*

6. *Know the telephone number of the utility services and emergency services.*

7. *While calling the emergency service, give your number, wait until the emergency authority answers and then give them the full address and inform where help is needed.*

(f) Climb up a tree OR a rope

10, BULBUL PRAYER SONG

Hum Hain Chhote Chhote bal
Hamari Lena Tu Sambhal,
Kadam Kadam par Karen Galatiyan
Sad Budhi Dena Bhula Galathiyan
Tum bin kaun Lega Sambal
Ham Hai Chhote Chhote Bal
Hamari Lena Tu Sambhal.

11. FLAG SONG

Bharat Scout Guide Jhanda
Ooncha sada Rahega
Ooncha sada Rahega jhanda,
Ooncha sada Rahega
Neela Rang Gagan sa vistrut
bhratru Bhav phailata
Tridal kamal nit teen pratignya
onki Yaad Dilata
Aur Chakra kahta Hai pratipal Aage

Kadam Badhega
Ooncha Sada Rahega Jhanda
Ooncha sada Rahega
Bharat Scout Guide Jhanda
Ooncha sada Rahega

11. Be able to tell the name, address and telephone / Mobile number of her parents.

Bulbuls should learn to tell the name and address of their parents. Encourage them to record the same in their pocket book. Let them write the Phone number also. This may help them to reach their place safely during illness and other emergencies.

12. Attend at least 8 Flock Meetings as a Bulbul.

Regular attendance to the Flock Meeting is very necessary. Such discipline will be an example to others at home, in school and also in the circle of your friends. Bulbuls will come to trust you and respect you.

13. A Komal Pankh Bulbul may earn not more than 2 Proficiency Badges.

Note: *On completion of the Tests, the Pravesh Bulbul shall be awarded the Komal Pankh Badge by the Local/District Association, as the case may be, on the recommendation of the Flock Leader. The Komal Pankh Badge is a cloth Badge. This is a Badge with Green wings holding our Bharat Scouts and Guides Emblem in yellow in the centre on blue background with the letters K & P superimposed on the left and right wing respectively. It shall be worn on the left pocket touching the seam of flap.*

RAJAT PANKH

1. Know from your parents about a few important people in your village/Locality and tell about them to the Flock Leader.

Know from your parent about a few important people and know what duties they perform. A good general knowledge is necessary to direct a stranger to the destination. There are important people in a village/locality. They are the chairman of the village panchayat, a sarpanch, village accountant and the president of the village committee. Apart from this there are health officers or Doctors, School teachers, post masters, etc.

In each locality there is a councillor or M.L.A., Doctor, police officer, post master, School Principal, Lawyer, Bank Manager, Social worker, Rotarians etc. Advice the Bulbuls to record their names and their responsibilities to the public and they should be able to explain during the Flock meeting. This will help the Bulbuls and the Flock Leaders to take their services when the need arises.

2. Learn from your parents about the care to be taken of brittle, sharp and valuable things in the house.

Bulbuls should learn from their parents how to take care of household things, such as brittle things like crockery, mirrors and glass cooking vessels, Glasses and Dinner plates and other things.

Sharp things like Blades, knives scissors, Forks, sharp nails and glass pieces should be kept out of reach of the small children.

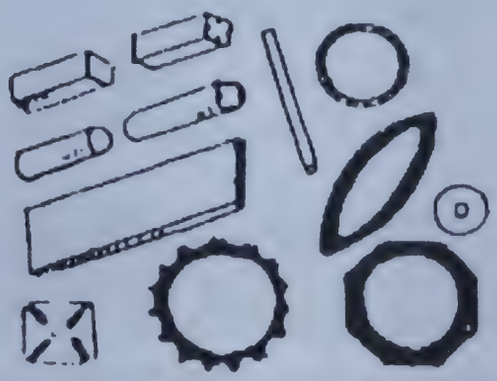
They should be able to take care of valuable things such as Television, Radio, Transistors, Tape Recorder, Camera, Money, Jewels, when not in use they should know how to handle them with care and place them in their respective places.

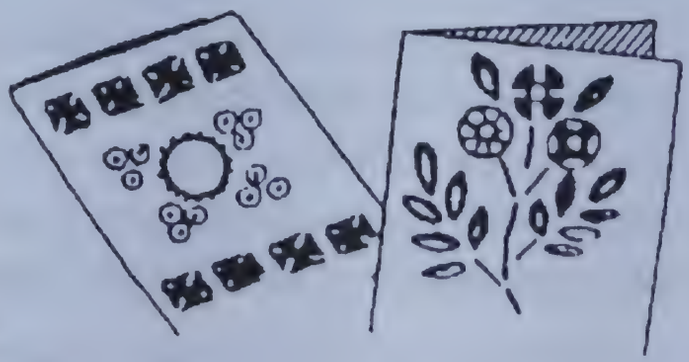
One should take care while opening aerated drinks bottle and biscuits tins. Educate, the Bulbuls to be careful with electric fans, Fire and to maintain Doors and windows and furniture.

3. Prepare a handicraft out of the waste material or do clay modeling.

Encourage Bulbuls to collect various small items like egg shells, Nut shells, coconut fibre, thread, wool, bits of cloth Shells, lids and other materials. From these things Bulbuls can make handicrafts very easily.

PATTERN PRINTING





The aim of teaching hand work is to train Bulbuls to use their creative ability, develop skills, make wealth out of waste and spend time usefully. The Flock Leader should encourage the Bulbuls to prepare such hand work which should be useful either to her or to her school or home or to be given as a present. Bulbuls should not waste their money in preparing the hand work. Prepare something beautiful and interesting craft. A play thing for a young brother or sister, or a simple puppet will be very suitable.

Clay Modeling:

Equipment for clay work should comprise of one modeling board or piece of cloth or wet rag or sponge and other home made modeling tool.

(i) Hold a ball or clay in your palm, press both thumbs into the middle of it.

(ii) Keep pressing with one thumb, while turning the pot with other hand.

(iii) Put the pot on the table, flatten the bottom of the pot by pressing lightly with thumbs.

(iv) Smooth out the pot with damped fingers.

Push it, Poke it
Roll it, Pull it, Punch it
Twist it, Squeeze it, Smooth it.

(v) You will get the nice article,

4. Observe flowers in the garden, trees in the locality/Mohalla and make a chart fixing 10 flowers and Leaves of 10 different trees in a chart.

Encourage the Bulbuls to observe Flowers in the garden and the Trees in their locality. Observe the leaves and the flowers during different seasons and learn their names also. As an activity, make the Bulbuls to prepare a chart, fixing 10 flowers and leaves of 10 different trees and write their names.

This type of chart is very educative when it is displayed at the school or during the Flock Holiday programme. It will inspire other Bulbuls to take up this pleasant work.

Name the chart in Block letters on top of the chart.

Fix 10 flowers and leaves right round the chart. Make it more interesting by writing the locality names of the flowers and leaves, indicating their respective tree names.

5. Be able to preserve things collected by you.

The love of collecting runs very shortly in Bulbuls. The collection is not limited. She should know how to preserve the specimens neatly and systematically and use it.

1. *Flowers should be placed in between several thickness of blotting paper, and apply gentle pressure, increasing it daily. Full pressure must not be applied at the start, because this crushes them. In a week or fortnight the process will be finished. Use it for an album or use them to decorate greeting cards of different types.*

2. *A good assortment of beads, like large and small, plump and slender, bright and sober can be stored in a plastic box or in a card board box. Use the beads to prepare hanging dolls and animals.*

   You can also preserve in polythene covers or it can be fixed to the hard board. Small materials and different colours of wool can be stored in a box. Later, it could be used for applique work, patch work or for dressing the doll.

3. *Twigs, seeds and feathers can be stored in boxes with lids. These things are found in all sort of places in the garden, park, village side or by the river. Use it for dry flower arrangement.*

4. *Collect stones of different colours and shapes. Store them in a glass jar full of water. They will make a nice decoration to a room and a beautiful gift. Stones can be used to decorate room, beautiful flower pots.*

5. *Pick the roses early in the morning when they are just beginning to open. Gently pull off the petals and spread them on a piece of muslin cloth on it, and place it in a warm, dry and dark place. Turn the petals, very gently once a day to help them to dry properly. In a week the*

petals should feel dry. Then they are ready to be tipped into the bowl. The delicate smell of roses should linger for many weeks.

6. *To preserve leaves, take two parts of hot water to one part of glycerine and pour the mixture into the jug or vase. Crush the end of the stems with the edge of the ruler. This will help them to drink the glycerine.*

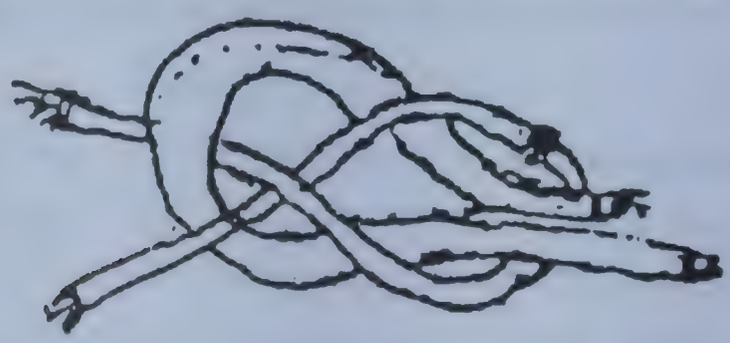
   When the mixture is cool, stand the stem in it. Leave them there until the leaves have become supple and have changed colours. It will take three days to 3 weeks. When they are ready, tie the stems with a thread and hang them upside down for three days so that glycerine can reach the tips of the leaves. Use it for dry flower arrangement.

7. *Collection of shells can be preserved in a card board box. When you collect shells make sure there are no creatures inside. Before preserving follow these steps -Boil the shells in a pot, remove all the dirt, wash it with soap water and spread them on news paper. Paint the shells with one or two coats of varnish. You can make shell pictures, shell dolls, shell initials, shell necklace and small shells can be pasted on to a box, pots and bottles.*

6. Tie a sheet Bend and a Fisher man's knot and show their uses.

Sheet Bend:

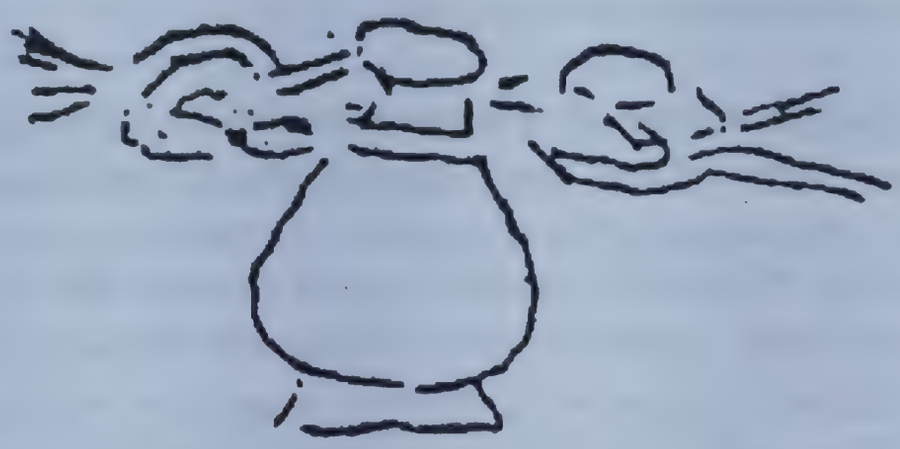
This knot is used for tying ropes of unequal thickness and for tying a rope to a loop, or for joining ropes to a stay, sails or cloth. The loop should be made in the material or from a



thicker rope. The short end of the thin rope must be passed under the crossbar made by the long end so that when the knot is pulled tight, the short end is jammed and can not slip. This knot is also used for hoisting the flag.

Fisherman's Knot:

This knot is used for tying together rope ends of equal thickness but it is used chiefly for ropes that are wet, or slippery or shrunk and this knot is easily untied by pulling the two halves apart. To tie a Fisherman's knot the ends of the two ropes which you are going to join must come towards each other and slightly overlap. The only time when you should tie



this knot with two ends of the same rope, is when you are carrying heavy loads.

7. Render First Aid for small cuts, burns and scratches.

Hints to clean CUTS and SCRATCHES.

1. *Clean your hands with soap water if possible.*
2. *Clean the cuts, scratches and grazes under running water, as soon as possible, because dirt in them can become poisonous.*
3. *Slight bleeding from graze or a scratch does not do any harm. On the other hand it will help to wash out the dirt. If the wound is deep, inform the adult leader.*

Keep the wound clean. Cover with a adhesive which will relieve pain as well as prevent infection. If dressing is not available use your clean handkerchief or a clean rag.

Simple Burns:

Bums from hot coal, boiling water and by flames result in ordinary burn. In such minor bums the skin only becomes red. Keep the burnt area under cold water till the pain subsides. You can add ice to a basin if available and then immerse the burnt part in it. Apply clean dressing.

Scratches:

After cleaning, apply some antiseptic cream, smear gently, and bandage if necessary.

8. Along with your six, do a Good Turn in School/Locality under the supervision of the Flock Leader. Study and Discuss with teachers the nature of help required in the school and also in the locality. The Flock Leader should contact the concerned authorities and explain to them about the Bulbul Good Turn. After obtaining the permission she should plan in consultation with Bulbuls about the nature of Good Turn. Of course Flock Leader should think and plan after considering their limitation.

Fix a definite day and time for the good turn and stick to it.

She will write down the highlights of the good turn in her pocket book, like number of bulbuls participated, duration, things used and the nature of the good turn. Flock Leader also prepares a small report about the activity in her programme book. Mention reason for selecting that place and the contribution of bulbuls for the success of the programme.

9. Demonstrate any three of the following

(a) Make your own bed daily at least for a month.

(b) Know the importance of our National Flag.

(c) Sow seeds and grow a plant. The growth may be recorded and reported to the Flock Leader.

Bed making is a daily task in every home. Here is an opportunity for the bulbuls to show how helpful they are to the family.

Remove all bed sheets, one at time, and leave them, and the mattress, to air thoroughly.

If possible pull the bed, away from the wall. This will help you to put the main part of your blankets back on the centre of the bed. They will then be less likely to slide off during the night. When making up the bed the bottom sheet must always be tucked in firmly at both ends of the mattress. While the top sheets should be tucked in only at the botroom of the mattress methods for are taught a blankets, pillow and bedspread vary. Follow the one you are taught at home.

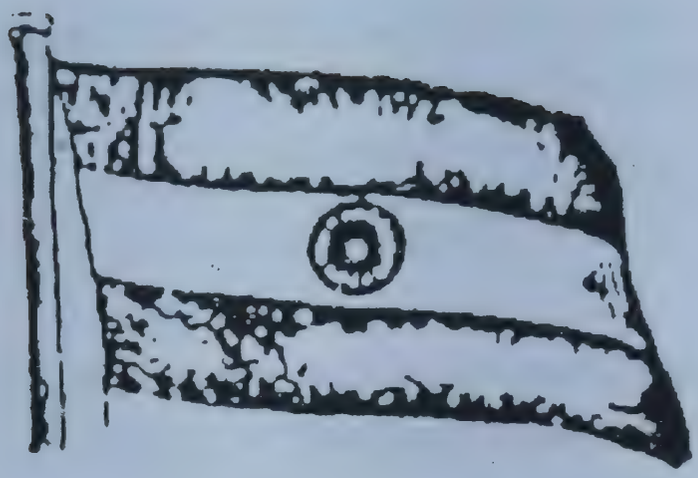
The finished, made up bed should always look neat, attractive and inviting and be comfortable to sleep in.

(b) Know the importance of our National Flag.

Every free nation has a flag of their own. This flag is the Flag of free India, and it stands for the glory and honour of India. We must honour and respect this Flag.

The shape of this rectangular Flag is such that its length and breadth are in the ratio of 2:3, that is, if the length of the Flag be 2 ft, its breadth must be 3 ft. The National Flag is composed of 3 stripes of equal length and breadth. The top stripe is saffron, the middle one white and the bottom one green. There is chakra in blue in the middle of the white stripe.

The saffron colour stands for courage, the white for Love and peace and the green stands for prosperity. We should make our land green and happy.



The Chakra is the symbol of Progress, because a Chakra (Wheel) is something which can never stand still, it always rolls on, that is why it is the symbol of progress, This Chakra has 24 spokes.. These spokes suggests our readiness to serve the country all the 24 hours of the day and night. The small circle is the centre of the Chakra where the spokes converge signifies unity amidst diversity. We come from different parts of India. We may belong to different states and speak in different languages, our mode of life may differ, yet in-spite of all the apparent diversity we are united together - because we are all Indians, and belong to the Indian Republic.

The flag has a message for us. Yes, it commands us to march on bravely in the path of peace, loving our fellow men, seeking peace and also prepared to protect the weak. In this way we are to move forward all the time. Our aim is to spread the message of peace and love to the world.

(c) Sow seeds and grow a plant. The growth may be recorded and reported to the Flock Leader.

OR

Prepare a Bird Feeder or a Fountain and maintain it for 2 months.

Gardening is a great fun, specially for the children as they love to dig and play with clay or mud. It is desirable to provide the children each with a patch of ground for growing plants,

etc. But sometimes it is not possible so it is better to encourage them to grow a plant in a pot. In case you cannot provide a pot to each of them, let them collect empty tins or wooden cases as a substitute. They must collect good earth free from grit, gravel and stone, then put in some manure (if possible) to make the soil loose and loamy. Before they fill the pots, tell them why there is a hole at the bottom. It is there so that the excess water comes out through the hole. In order to prevent the water from coming out through the hole, a piece of stone should be placed over the hole. If they use tins or wooden cases, such holes should be made before they are filled with soil.

After filling the pots they should be watered for a couple of days, and the soil loosened gently, Water next day again and leave for another couple of days and the soil loose again. Now the soil is thoroughly prepared for seeds to be sown. You must see that the bulbuls have chosen seeds of such plants that can be grown in pots.

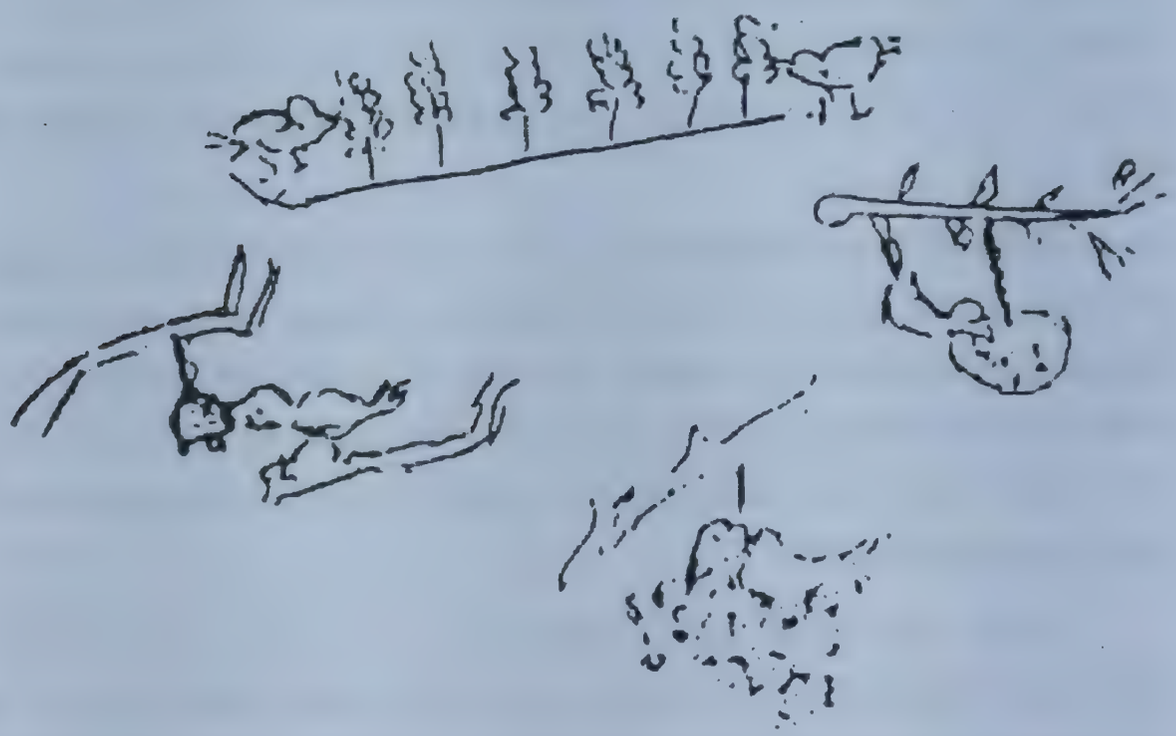
After the seeds have been sown they must be covered with very fine earth, and not watered for next two days. The pot should be out in the open air but covered with something light and thin, so that the seeds get enough heat to germinate but not get much scorched.

Some seedlings come out after 5 to 6 days but some take a longer time, and the later kind needs proper watering. Very Young seedlings require gentle watering as they are easily hurt. These young seedlings should be, for the first few days taken out of the sun during hottest part of the day, but that does not mean they should be taken indoors-but they should be placed somewhere in the shade out of doors. The young plants take a long time to grow up. So the Bulbuls must be patient and not lose interest. After 5 to 6 months the plants are sure to start flowering to the Bulbul's delight.

OR

Prepare a Bird Feeder or a fountain and maintain it for two months.

Construct a bird feeder and keep it supplied with food Observe and maintain It at least for 2 months. When the bird visits, you remember their plumage, beaks, tail and other habits. Some bird feeders pattern for you to try.



(d) Draw or paint a picture of any object of your choice.

Lines, shapes and colours together make a picture. To draw a picture first think what you are going to draw. Sketch it lightly in out-line, and go over it to darken the lines. It does not need lot of practice to produce a good drawing. Motivate all the Bulbuls to try and draw a picture of their choice.

Choose the appropriate colours to paint the drawing. Bulbuls can use water colours, crayon, and coloured pencils.

(e) Trim, fill, light and extinguish a hurricane lantern.

Bulbuls should know how to clean and handle the hurricane lantern.

Follow the steps for the best result:

1. *Make the lantern stand on a newspaper.*
2. *Take out the glass chimney carefully.*
3. *Clean it with a soft dry cloth and keep it away safely.*
4. *Burnt part of the wick be cut off with scissors everyday.*
5. *Unscrew the stopper, pour some kerosene oil very carefully through a funnel and screw up the stopper. Never pour kerosene near any flames.*
6. *Wipe the lamp carefully with a cloth.*
7. *After cleaning the hands fix the chimney. Hold the chimney and press the stopper to fit the chimney so that you can light the wick. Press the chimney to bring it to its stand.*

To put the lantern, press the stopper and blow it, unscrew the wick and it will go off, Lamp must be extinguished before going to bed.

(f) Make a handkerchief and present it to your mother.

Let the Bulbuls prepare a handkerchief with decorative stitches for border and do embroidery or paint, and then present it to her mother. If the material is not available cut off white tissue paper into squares and paint a pattern round the edge or in corners and the present it to her mother.

10. *Follow a trail not less than half a kilometer and not exceeding one kilometer with your six /FL/AFL.*

The trail signs are normally made at the right hand side of the path They are made with the natural materials that are around and not with a chalk. While doing this do not disfigure or destroy public property Use your keen eyes to follow the sign. If you think that you have missed a sign, go back to the last one you saw and start off again. If you are the last one to follow the signs, wipe off or undo the signs so as not to cause confusion for others.

To play this trail sign game, think of a theme, list out the equipments as per the theme, arrange for good number of helpers, Fix the time and the boundaries. All these items should be told as a story to the Bulbuls to make it more interesting.

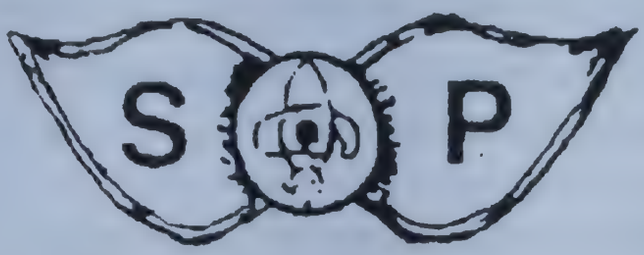
11. Attend at least 8 Flock meetings as Komal Pankh. Bulbuls should attend the meeting regularly and participate in all the activities.

12. *A Rajat Pankh Bulbul may win not more than 4 proficiency Badges in addition to the 2 Badges already earned. Specify the Badges.*

Note: *On Completion of the tests, a Komal Pankh Bulbul shall be awarded the Rajat Pankh Badge by the Local or the District Association, as the case may be, on the recommendations of the Training Counselors or Examiners appointed by the Badge Committee, who arranges the testing. The Rajat Pankh Badge is a cloth Badge. This is a Badge with white wings holding our Bharat Scouts and Guides Emblem in yellow in the Centre on blue background with the letters R & P superimposed on the left and right wing respectively. It shall replace on the uniform the Komal Pankh Badge.*

SUVARNA PANKH

1. *Prepare and present useful Handicrafts, preferably for a disabled*

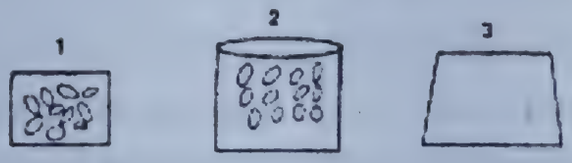


person in the locality.

HERB SACHET:

you will need:

** Scented petals (mixture of scented petals) or mixture of herbs.*



** A piece of thin material*

** 2 squares of fine cotton material 12 cm x 12 cm.*

** Needle and thread.*

Method: *Pick all the petals in the morning, place it on a thin material and dry it in dark place. Cover the petals in a thin material. Stitch round three sides of the squares. Slowly insert the dried petals in to the open side, Close the open side.*

Do not buy the dried flowers and herbs. If you dry them very carefully they will keep their scent for a long time.

THE ROCKING HORSE:

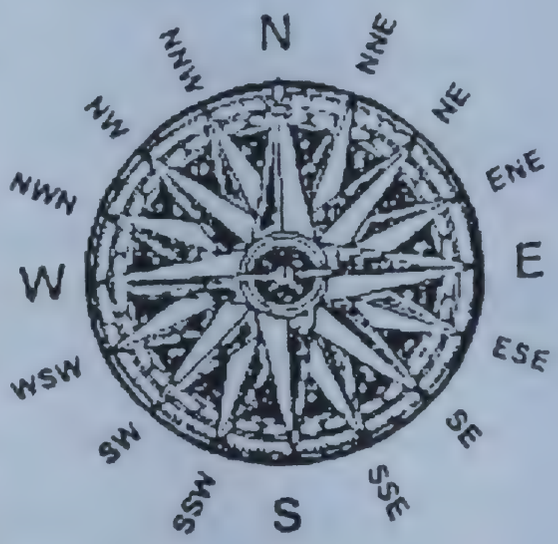
You need thick paper, pencil and a scissor and paste.

Method: *Trace out the shape of the horse on to the actual paper that the horse is to be made from. For table*

decoration use a thick papet To cut the Rocking horse, fold the paper together so that both sides of the horse are cut.

Apply paste at the head, tail and half way down the body (the dotted line on the horse gives an indication of how far) so that the legs can be bent outwards from each other and the horse can stand and rock.

2. Know the eight cardinal points of a compass.



Bulbuls can be taught to find North, South, East and West with the help of the sun. They know that the sun rises in the East. Ask them to see where they find the sun rising in the morning. Then they know the directions as they know the East.

In the similar way ask them to note where they find the Sun setting down below the horizon in the evening. If they find it out they know the West as well.

Now ask them to stand both arms out-stretched facing the East and tell them that the North lies to their left, the South to their right, and the West at their back.

When they know these four cardinal directions give them some practical training with the help ora compass, which has a little dial like a watch but has only one hand with a pointer at one end, which, always points to the North. Show them how it works.

Ask the Bulbuls to draw a circle with 2 diameters cutting each other at right angles at the Centre (one perpendicular and the other Horizontal). Then ask them to put N (North) on the top where the perpendicular meets the circumference and S (South) at the bottom; and E (East) on the right hand side, W

(West) on the left hand side of the horizontal diameter, where it meets the circumference at the sides. Explain to them that this is a way to show the 4 directions in a diagram, chart or map. These are the 4 principal points of the Compass

Now ask them to draw diagonal lines to divide the 4 areas as NE, SE, SW, NW into equal parts. Then ask them to mark these points as North East (between N and E), South East between (S and E), North West (between N and W) and South West (between South and West). Now they have 8 directions altogether. Show them 8 points of compass, and teach them how to find the directions with the help of compass.

3. Have a knowledge of village/ town regarding availability of railway/bus and fire service.

The knowledge of railway and bus services in the village and town will help the bulbuls to give a clear and distinct directions to the visitors and also to the strangers. In this way encourage her to take part in community service.

* *Should know the distance from her house to the railway station, Bus stand and Fire Service.*
* *Know the phone number of the railway enquiry office, Bus Stand general enquiry section and Fire Service office. In case of urgency and emergency bulbuls will be in a position to render help to the community.*
* *Prepare a scrap book about Train, Bus and Fire Service.*
* *Take part in the road Safety Week and Railway Week Celebration.*

4. Render First Aid for sprains, stings and be able to clean a wound.

SPRAINS:

Sprain is caused by a sudden jerk or tearing of the ligaments (Band of fibrous tissue).

Signs of Sprains: *Pain at the joint, inability to move the joint and swelling.*

Treatment for Sprains: *Immobilise the joint, apply a firm bandage to the joint to give support, Wet the bandage and keep it wet. If the ankle gets sprained during a walk, do not remove the shoes. Keep them as support and tie a bandage around the shoe. The foot with the shoe still on can be dipped in cold water.*

STINGS:

Wasp and bee stings: *If the sting is visible remove it with a sterilised needle Wash the part with a solution of soda bicarbonate, for wasps use vinegar and onion juice which are effective remedies. If the person is allergic to stings, they will need immediate medical help. You will notice the allergy when the person is suffering from too much pain and swelling or rash on the body.*

While cleaning the wound, cleanliness is very important. Wash your hands with soap, before touching the wound. Wash the skin round the wound and cover with gauze or with a clean piece of cloth. Apply adhesive dressing if available

5. Participate in at least two prayer meetings during the Flock Programme.

Prayer meetings are conducted in Flock in different occasions. For example at Flock Holiday, Thinking Day, Utsav and any other special day. This programme will make the Bulbuls to understand the importance of God in their life. The more they learn about Gods love and concern for all of us, the closer they will find Him. So motivate the bulbuls to attend the prayer meetings and do their duty and Good turns

6. Participate in a Flock Good Turn activity by adopting a public place.

First discuss the matter in the Pow-vow meeting. Find out

the need for Good Turn, fix the place, obtain permission from concerned persons and inform the school authorities and send formal letters to officers in- charge of the public place and explain why you are keen to adopt that place. It can be a short term programme and also long term programme. Think of the finance and organise the necessary equipments.

Few suggestions: *School garden, adopting a park and educate the public not to litter from (4 p.m. to 5 p.m.) for about a month. Collecting magazines and story books for the hospitals (Door to door collection for one week). Contact SPCA and participate in their programme.*

Record all the details of this good turn activity. Inform the District Commissioner guides about the nature of the Good Turn, number participated, Area covered, equipments used, and people who helped for its success.

7. Participate successfully in at least three sense training games of different types.

Observation Game:

Bulbuls are given a list of things to collect in their sixes 10 Minutes time to collect and after collecting arrange them nearly in their sixes corner.

Something that feels: *Soft, Smooth, light, Round Hairy and Sticky.*

An Unusual Tree: *Pin six leaves from different trees on to one small tree or bush. Allow 5 minutes to observe. See who can first spot them all.*

HEARING:

Several objects are placed in boxes of different kinds and different sizes. Players must decide by rattling the boxes, sound and weight, what is made of.

Sound Sense: *Two players from the Flock are blind folded. One carries a small tin, with a stone inside: the other carries a sack of straw or a pillow. On the whistle being given, the one with the tin must keep on rattling it, while the other attempts to hit her with the pillow. Play this game in the circle and fix the time.*

Tasting: *Take 2 or 3 players from each six, who will be all blindfolded. Then gave them a sip of different liquids (4 to 5 varieties) to drink and identify them.*

Smelling: *The Nose knows.*

Blindfold all the players, and hold different flowers, plants etc. up to their nose to see how many they can identify, You require the help of the Asst. Flock Leader to record the results.

8. Go on a day camp with your Flock.

Camping plays an important role in 'Bulbuls' life. It gives ample opportunity to develop their mind and practice various skills, Camping affords great values to Bulbuls, such as, acquiring the experience to learn to take care of themselves and their belongings and live together happily. They realise their responsibility, so that they can stand on their own legs to face future. Thus they become strong in body and mind, far sighted, wide visioned and self-reliant.

Good manners are as important in a camp and at home, Flock Leaders should have the knowledge of the ideal place for Bulbuls, to Camp for a day, and knowledge of flora and fauna, first aid, use of simple tools, rules, willingness to go out to meet adventure, prepared to emergencies on the way and in the camp and knowledge of balanced diet.

Camp programme must be prepared well in advance. Always keep ready alternative programme for the bad weather. Programme should satisfy the needs of the Bulbuls.

Individual Kit

1. *Uniform*
2. *Toilet needs*
3. *Plate, mug and spoon in a bag with night dress.*
4. *Notebook, pen, pencil, eraser, scale*
5. *Ropes*
6. *Torch*
7. *Rain Coat or Umbrella, Peap.*
8. *Sit Upon*
9. *Any other item may be included as per the programme.*

Flock Kit

1. *First Aid Box with necessary materials.*
2. *Map of locality*
3. *Miscellaneous articles Scissors, Knife, gum, drawing pins and card sheets, materials for games.*
4. *Other general equipment for the programme.*

This will be a certain raiser for their guide activities and Bulbuls will be looking forward for such programmes. Let the Bulbuls discuss freely at the Flock Pow-Vow about their impression. Flock leader can give a suitable advice whenever necessary.

Eligibility - B.B. of 8+yrs. old and working for SP are eligible.

9. Help a younger child learn the habits of cleanliness.

Bulbul should develop Health Habits. It is our duty to preserve and build up our own health and also improve the health of the family. In guiding, laws of health is under six headings. They are Exercise, Food, Clothing, Rest, Fresh Air and Cleanliness. As and when you get an opportunity, educate the Bulbuls on these lines. After undergoing and acquiring the knowledge Bulbuls will try their best to help the younger children in the habits of cleanliness which is the most important health rule.

By means of pictures, exhibition, playacting, puppetry and by a standing example, impress the younger children how dirt in any form breeds disease. Discuss in the pow-vow and record all the help given to the younger child in the habit of cleanliness.

10. Qualify for one of the following proficiency Badges a) Observer b) Team Player c) Home Craft d) Entertainer e) Guide f) Computer Awareness

11. Know how to Welcome and receive a guest.

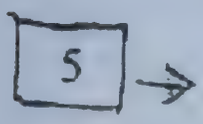
To be a successful hostess, Bulbul should keep constantly thinking of the needs, wishes and comforts of the Guests, getting ready before time and go forward to greet him or her with a smile. Of course that is the best method. Help in carrying their luggage inside the house. It is a form of Good Turn and wait for the opportunity to help the guests

After the visit say thank you for a visit and for the wonderful time, and also a write or make a small thank you card and send it to your guest.

***12.** Know the Wood craft signs and follow a marked track for one kilometer. The following are some of the tracking signs which you should know :*

Follow this way.

Don't follow this way.



Letter hidden in this direction at 5 paces.

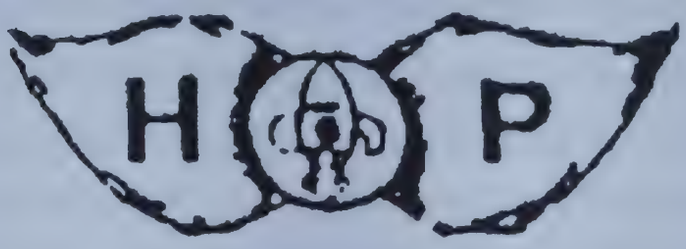
Drinking water.

I have gone home.

13. Attend at least 8 Flock Meetings after qualifying for Rajat Pankh.

Note: *On completion of the tests, a Rajat Pankh Bulbul shall be awarded the Suvarna Pankh Badge by the Local or the District Association, as the case may be, on the recommendations of the Training Counsellors or Examiners appointed by the Badge Committee, who arranges the testing. The Suvarna Pankh Badge is a cloth Badge. This is a badge with golden wings holding our Bharat Scouts and Guides Emblem in yellow in the center on blue background, with the letters S & P superimposed on the left and right wing respectively. It shall replace on the uniform the Rajat Pankh Badge.*

HEERAK PANKH



1. Prepare and serve cold or hot drink.

Tomato Juice:

You will need-4 cups tomato juice, Stsp. sugar to taste, 1tsp lemon juice to taste, 2tsp salt, mint leaves for garnishing (optional), ice cold water.

Method: *Pulp tomato pieces with sugar at speed 3 for 30 seconds. Filter through a nylon sieve. Wash the retained pulp by pouring cold water over the sieve. Over pulping spoils the taste due to the seeds and skin getting extracted. Make up 5 to 6 cups with cold water. Adjust taste with lemon juice, sugar and salt. Garnish with mint leaves if desired and serve ice cold.*

For the Hot Coffee: *You will need:- 3 tsp milk powder, 6-8 tsp sugar, 1 tsp instant coffee, 2 cups of hot water.*

Method: *Put milk powder, sugar and instant coffee along with a little water in jar. Run mixer at speed 1 for 30 seconds. While mixer is running, stop the mixer add 2 cups of hot water and serve immediately. Hot milk can also be used.*

I. Participate in an overnight Flock Holiday.

An overnight Flock Holiday plays an important role in Bulbul life. It gives many oppurtunities to develop their mind, practice good habits various skills and make the Bulbul bold, strong and far sighted, and widens vision.

An ideal place for an overnight Flock Holiday should be discussed in the pow-vow well in advance. Flock Leader should visit the place to have a first hand information about the place. An advance party is very necessary to make all the preliminary arrangements, as mentioned in the Suvarna Pankh.

In addition to other responsibilities, the Flock Leader should prepare to give them just that bit of mothering which prevents bulbuls from home sickness. Plan finance, Transport facilities, accommodation at the camp. Sanitary facilities, safe drinking water, fresh milk and vegetables, Bulbul kit and the Flock leaders general kit for the whole Flock should be brought to conduct the planned activities. Involve more helpers to carry on the activity. Bulbuls who are above 8 years and who are working for Suvarna Pankh are eligible to attend the Flock Holiday.

II. Participate in a Flock Expedition.

Flock Expedition can be planned for a day or half a day or it can be a part of the Flock Holiday, Decide about the theme of the expedition, plan and prepare the equipments accordingly. Preparations and theme of the expedition is very important. Give top priority for this.

In an expedition many things may be included as per the local facilities and the interests of the Bulbuls, for example, CONSERVATION of nature's wonderland.

Conservation *is Care of Nature, Sea Shore, Earth, Rivers, Valleys, Air, Insects, our Neighbourhood. An expedition should satisfy the attitudes of Bulbuls like curiosity, freedom of faction, doing interesting things, Good Turn, taking notice of surrounding throughout the expedition by choosing, learning and practising and using their knowledge to the best of their ability. Bulbuls can make a collection of nature objects and learn how to preserve them. Encourage the Bulbuls to keep their eyes, ears and mind open for new ideas, all the time.*

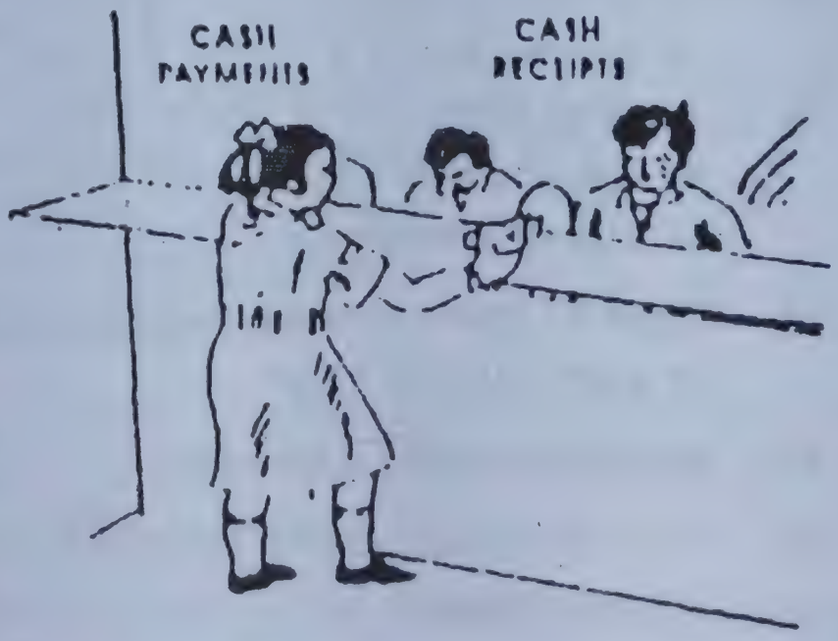
III. Tic and know the use of Bowline, Round turn and two half hitches.

IV. Open a small savings account in postoffice or Bank or plant at least two tree saplings in your locality and ensure their growth for at least 6 months.

Encourage the bulbuls to open a Saving Bank Account in the nearest bank to develop the habit of thrift and understand the value of money.

OR

Plant at least two trees in your locality and ensure their growth for at least six months.



Study the area available for tree planting and then decide whether flowering trees, or any fault trees will help the locality. Contact the concerned authorities and obtain their permission and select a suitable place. Select a good seedling with the help of the forest department and give enough manuring for the plant. Each will

look after two trees for at least 6 months and keep record of the activities.

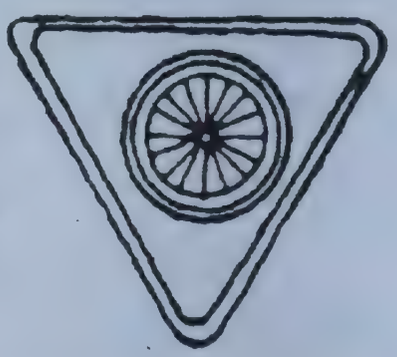
5. Participate in a religious function and describe to the Flock Leader your experiences.

Participation by the Bulbuls in religious function can be within the family or in the community. Take part in the celebrations and be ready to help when opportunity comes. After the celebration give a detailed report to the Flock Leader in the Pow-vow so that others will understand the significance of the festival.... Deepavali, Ramzan, Christmas etc.

6. Qualify for one of the following proficiency Badges not earned earlier.

(a) Cyclist (b) First aider (c) Gardener (d) World Conservation (e) Book Binder (f) Heritage (g) Free being be

(a) Cyclist:



(1) Must sign certificate that she owns or has the use of a bicycle in good working order, which she is willing to use, if called upon at any time, in case of emergency.

(2) Must be able to ride her bicycle satisfactorily and keep it in good running order.

(3) Be able to mend a puncture.

(4) Must be able to read a road map and repeat correctly a Verbal message.

(5) Be able to mount and dismount on earlier side or ride a bicycle and lead another.

(b) First Aider

(I) Know how to clean up and treat a graze.

(ii) *Be able to dress and put triangular bandage on hand, foot and knee and put on large arm sling and tie head bandage correctly.*

(iii) *Know how to stop bleeding from the nose.*

(iv) *Know how to extinguish fire on clothes and how to treat for minor burns, scalds, choking, sting and snake bite*

(v) *Know that she understands the need for summoning adult help.*

(vi) *Know the simple treatment for shock.*

(vii) *Know simple treatment for sprains, and how to apply wet bandage to a sprained ankle.*

(c) Gardener:

(1) *Dig a piece of ground not less than 12 sq. meters, Plant and grow successfully six kinds of vegetables or flowers from seeds or cuttings. (In cities where digging is not possible wooden cases or pots may be used.*

(2) *Know the names of twelve plants pointed out in an ordinary garden; understand what is meant by pruning. budding, grafting and manuring;*

(3) *Demonstrate any one of the following pruning budding, grafting.*

(4) *Adopt a public park or a neighbour's courtyard and look after the garden plants for at least 2 months.*

Note: *In cities roof garden can be the alternative.*

(d) World Conservation:

(1) Make a sketch illustrating the complete water cycle using and describing the following terms:

(a) Precipitation

(b) Runoff

(c) Ground Water

(d) Water Table

(e) Evaporation

(f) Transpiration

(2) Show that she is familiar with the main causes of following types of pollution and how they can be controlled.

(a) Water

(b) Air (Including noise)

(c) Soil

(d) Waste

(3) Make a list of "what to do" and "what not to do" in order not to damage but improve nature when hiking and camping.

(4) Make a list including if possible, pictures of plants and animals in the country which are in danger of extinction

(5) Show that she is familiar, with reason, why so many animals species are threatened and what can be done to help animals to survive.

(6) Carry out one of the following experiments:

(a) Demonstrate how soil may be lost or ruined through erosion and how grass and other plants help to protect it.

(b) *Demonstrate how soil is formed.*

(c) *Demonstrate how plants produce oxygen*

(d) *Plant two bean seeds in a flower pot of top soil and two beans in a flower pot of sub soil. Tend for a month and report.*

(i) *On difference in rate of growth in the two pots.*

(ii) *The appearance of plants any difference noted.*

(e) *Collect muddy water in a glass jar from a suitable stream and allow it to stand for at least six hours. Observe the amountof soil which settles at the bottom State where she thinks the soil originated from and why she thinks so.*

(iv) *Keep a daily record of the weather of her neighbourhood for a month including rainfall, sunshine, the fog (or smog) temperature, wind speed, direction and humidity.*

(7) *Do one of the following*

(a) *Plan and carry out together with her Six or Flock in anti litter campaign with her Six in a public park, or garden, or school premises or any other public place for six hours utilizing one hour at a time.*

(b) *Take part in conservation project for a period of at least one day.*

(c) *Make a nature trail for her Six or flock.*

(d) *Make, put out and maintain a forge rack for animals.*

(e) *Make a pond for birds (and for beauty)*

(f) *Make and build an aquarium.*

(g) *Build up a collection of plaster casts of at least six birds or animal tracks.*

(e) Book Binder:

Perform th following Steps to protect book.

(a) *Protect her book with cello tap if torned.*

(b) *Cover the book with brown Paper*

(c) *Past the folds with glue.*

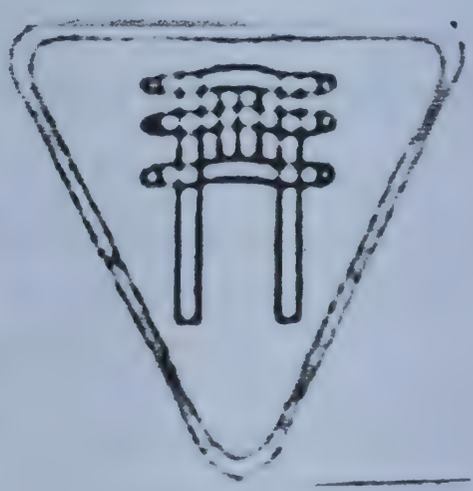
(d) *Past the name Sticker on Top of the Book.*

(f) *Write her name on name Sticker.*

(g) *Write the book name on name Sticjer with Letters.*

(f) Herutage:

The Bulbuls should undertand the basic components of their own local culture :



They may compile their study in the form of an illustrated scrap book.

(a) *Physical Environment of their locality (famous hillsm rivers etc.)*

Common Trees

Common plants and their uses

Common birds

Flora and Fauna of the region

(b) *She should first know and understand her own cultural indentity and Heritage - family, tradition, customs etc.*

(a) *Scrap Book containing items like a "Family Tree" tracing ancestors may be prepared.*

(b) *Participation in local festivals recorded in photographs or description.*

(c) *Traditional songs and dance.*

(d) *Food prepared in the culture.*

(e) *Traditional constumes.*

(ii) *Arts of their locality Buildings Places of worship, Music, Musical Instruments, Dances Puppetry, Food, Constumes then and now.*

(iii) *Practical work*

- *Visits to local monuments and museums.*
- *Learning a traditional craft of the locality like pottery, rengoli etc.*
- *Enacting Stories and Local Legends*

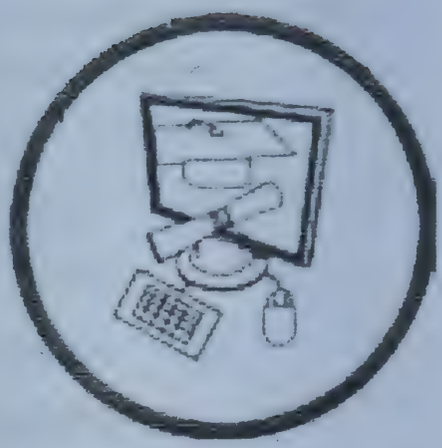
(g) Free being me:

Complete the following :

(a) *Take part in all the activities of FBM and earn WAGGGS FBM badge*

(b) *Show your progress in your home and school and get parents and teacher certificate about changes took place in your behaviour and attitude.*

Computer Awareness :



1) *Have knowledge of Brief History of Computer and its latest development.*

2) *Acclimatization with computer components and peripherals.*

3) *The best use fo computers in Bulbul activities.*

4) *Knowledge of the commonly used packages.*

5) *Perform the following :*

   (a) *Use DVD/Pendrive and the hard disc in the Computer.*

   (b) *Booting and shut down of computer.*

For the syllabus refer Proficiency Badge chapter.

7. Observe for a month a Six / Flock at work in the locality and discuss with the Flock Leader about your impressions.

After taking the permission from the school authorities, the Flock Leader should find out all the possibilities to arrange for the Bulbuls to observe a patrol/company at work, In the nearby area. Permit the Bulbuls to visit the company and observe their activities of the patrols at least four meetings. This will enthuse them to continue in the movement by joining the Guides after completing the age of 10 years.

Discuss about the Guide activities in the pow-vow.

8. Collect from the locality address of Guides and handover to the Flock Leader.

Bulbuls are always willing to do their full share of work in their flock and being good citizens they are ready to take up any responsibility in their own way. As a service project guide

the Bulbuls to collect address of the Guides in their own locality, prepare a scrap book and hand over to your district commissioner Guides. District Commissioner can utilise the services of these guides whenever they have very big programmes.

Attend at least 8 flock meetings after qualifying for suvarna pankh.

1) *Be able to tell about two National Heroines / Freedom Figjters*

2) *Know about the National Flag and Bharat Scouts and Guides Flag.*

3) *Gain knowledge and practice simple Yoga in daily life.*

4) *To know from the Flock Leader about any two good habits of Tara and inculcate them in her life.*

5) *Observe a pet bird or an animal and take care of it at least for three months.*

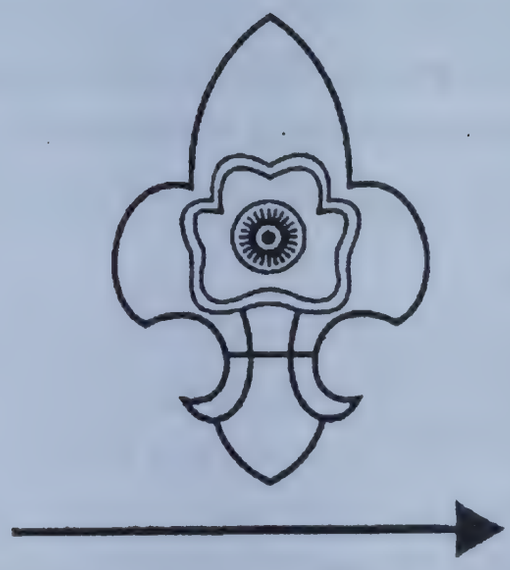
***Note:** On completion of the tests, a Suvarna Pankh Bulbul shall be awarded the Heerak Pankh Badge by the Local or the District Association as the case may be, on the recommendation of the training counsellor or Examiners appointed by the Badge Committee who arranges the testing.*

Heerak Pankh Badge is a cloth Badge. This is a Badge with Ruby wings holding our Bharat Scouts and Guides Emblem in yellow in the centre on blue background with the letters H & P superimposed on the left and right wing respectively. It shall replace on the uniform the Suvarna Pankh Badge. Honouring the Heerak Pankh holder be done at State level.

10. Heerak Pankh Bulbul having earned totally 8 proficiency Badges will be awarded a special proficiency badge called "Golden Arrow". The badge will be on a blue background

with golden border with a prominent "Golden Arrow" with BSG emblem in the centre.

It shall replace on the uniform the H.P. Badge. Honouring the G.A. holder be done at National level.



BULBUL RING

The Brownie Ring/ Bulbul ring goes back to the Brownie fairy folk whom ancestors, hundreds of years ago believed in. They thought those fairy ring is made by the tiny feet of Brownies who visit at night to skip and sing around the Toad Stools growing there So all Flocks have something in the middle of the ring to remind them that it a Brownie/Bulbul ring. It may be a Toad Stool Koala on a Tree, le model of a pool. A miniature Tree, Owl on a large Brownie Badge, anything suitable to the respective country and sing their special song and the six songs, along with the adult Leaders. Each Flock has its own special way of forming the Bulbul Ring. Bulbul Ring is often the opening of the Flock Meeting.

In India the Bulbuls form a Bulbul Ring by holding hands around the Bulbul Tree. By holding hands they will feel comfortable and find it easier to take part in something new and strange activities. Activity in the Bulbul ring form a large part of the Flock Meeting There is the opening ceremony, attendance, Inspection, on which the Flock Leader plans to see

whether everyone is looking clean and tidy. Then there are games to be played which see whether everyone is looking clean and tidy Then there are games to be played which help them to learn the badge work, songs to be sung and lots of other ceremonies like welcoming the visitor, presenting badges. Flying up. Going up and closing ceremonies.

- *Features of the Bulbul Ring*
- *Self Discipline*
- *Informal Education*
- *Training in Character*
- *Leadership*

Self Discipline: *Self Discipline training is introduced through games, obeying the Flock rules. Badge work and Out door activities*

Informal Education: *During pow vow meeting Bulbuls will have informal education. Here Bulbuls contribute their views and actively participate in the discussion. They all sit in a circle close to one another, so that every one has a chance to give their ideas. The news brought to pow-vow meeting cover a field as wide as their interests. Play way method of activities will help them to learn faster and remember longer than any amount of individual coaching in corner and also they enjoy learning*

Training in character: *Training in character is achieved through Heart, Head and Mind, symbolic of thought, word and deed. A Bulbul learns to use her head intelligently, her hands creatively and Heart generously and warmly, and learns to be brave and strong to face difficulties*

Leadership: *Bulbuls develop leadership through six system. As a sixer she takes the leading role in all the activities like Revels, Flock Holiday, Nature Ramble etc Once a Bulbul is singing in the Ring with other Bulbuls, she cannot be self*

centred. She will wait for her turn. Bulbuls will have emotional security, with this they develop love and laughter. For the formation of Bulbul Ring, all the Bulbuls join hands in a circle round the Bulbul Tree and skip once to the left and once to the right, each time singing the Bulbul song The six rhymes may be sung immediately. Each six sings its own rhymes to the tune of the Bulbul ring song by holding hands in a circle around the Bulbul Tree.

The sixer songs end with every one back in the Bulbul ring. Again all the Bulbuls sing the Bulbul Ring song again twice skipping once to the left and once to the right. At the end, all the Bulbuls stand at attention and give a salute. Bulbul ring helps to maintain discipline, without discipline nothing can be achieved Certain rules must be accepted and practiced. Otherwise, no order can be maintained. When Bulbul are in a Ring, it is easier to follow the Flock Leader's instruction.

Traditionally bulbuls form a ring around the Bulbul Tree. The Flock Leader and her assistant also joins the bulbul ring along with all the sixes (Sparrows, Parrots and Doves etc) When they form the ring they sing the Bulbul song around the tree. Soon after that each s sings its rhymes and skip around the bulbul tree, rush back to the main ring. Again the whole flock join in the main ring.

In a big gathering of Bulbuls in Revel or utsav programme 12 bulbuls each representing the different six will go near the Bulbul tree and sing their rhymes while they skip round the tree. Later they will join in the main bulbul ring. Public can admire this. This method suitable only for big gathering.

Before the commencement of the programme, brief all the Flock Leaders and explain the situation about the change from the routing due to big number, short time and availability of space this may be adopted.

THE SONG OF THE BULBULS

We are the Bulbuls, here's our Aim
Do your best, and play the game.

Hindi version:

Ham hain chhote Bulbul,
Ham men hota kitna mail,
Koshish karna hamare kaam
Aao ham khelen sachhe khel

THE SONG OF THE SIX

* *If you are feeling dull and sad,*
let the Bulbuls make you glad.

* *Like the Doves so soft and keen,*
Do your best and never mind.

* *We're Kingfisher, keen of eye,*
No little thing can pass us by.

* *Mynas are not mean or vain*
Jolly, even in the rain ..

* *We are the parrots, very spry,*
No one knows how hard we try.

* *We are the pigeons, coo-coo-coo,*
Can we lend a hand to you.

* *Sparrows make an awful chatter,*
But we know the things that matter.

* *We're the Woodpeckers, and we are workers,*
No use looking here for shirkers.

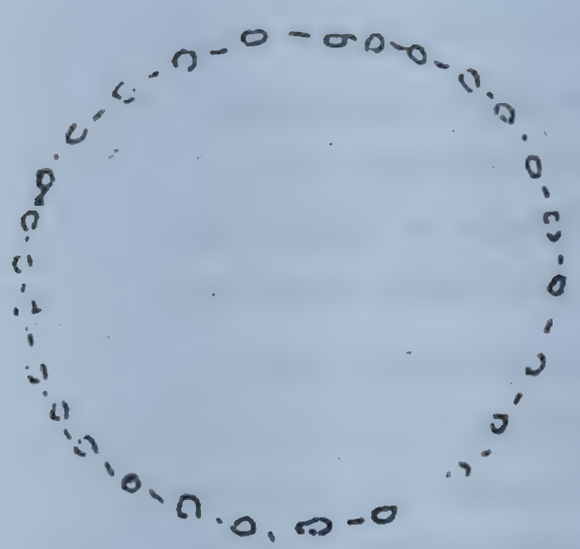
* *Here come Barbets, very gay*
Love our work and love our play.

* *We're Orioles, very shy,*
Can we sing a song to you.

Hindi version :

Ham chalte phirte Tote hain,
Jo kahte hain so karte hain.
Ham geet khushi se gaate hain,
Dukh men bhi khush rehte hai.

Ham maina hai khush rehte hai,
aur koi ghamand nahin hamko,
Ham barkha men bhi haste hai,
Aur pass nahin rakhte gam ko.



POW-VOW \FLOCK COUNCIL

Lord Baden Powell had great faith in the abilities of bulbuls to plan their own affairs which leads to the principle of self government This is very well seen throughout the Flock work. Bulbuls take pleasure and feel important in organising programmes both inside the Flock and outside. Bulbuls have to maintain a small diary to note down important events, they can present the same information to the pow vow meeting. Major Flock discussions and business will take place in the Pow-Vow.

Pow vow is the talking circle for the whole Bulbul Flock. It consists of Flock Leader, Assistant Flock Leader and all the Bulbuls. The pow vow ring is much smaller than the Bulbul ring. All sit in a circle with their elbows touching each other. This stops Bulbul secrets from getting out, and it also means that everyone can be heard and every Bulbul has a chance to express her views. It has a great character Training value. Hence it is essential part of Bulbul meeting.

At this Bulbul age, likes and dislikes are strongly felt by them. So it is unreasonable to expect anyone Bulbul to give opinions of another. That's why no form of representation is possible. Every Bulbul in the pow- vow has an equal right to

speak and vote, by placing the two saluting fingers on the ground. The Flock Leader acts as a Chairman to give opinion.

The subjects for the pow-vow cover as wide as the interest of the Bulbuls. They discuss about the theme of the Bulbul Revel, Flock Holiday. Thinking Day Celebration, Ceremonies, Month's Programme etc. In short it is responsible to retain the interests of the Bulbul and also looks after the welfare of the Flock.

The Flock Leader during pow-vow should be alert and good humoured She must make sure that all those who want to express themselves have their chance to speak and that the points are sufficiently discussed. Once the Bulbuls know their news of interest and their views is of importance they will begin to co-operate well and they will take full share in the pow-vow Such Bulbuls will have a good foundation to participate in patrol in council and also to understand the work of the court of Honour meeting.

1. *Pow-Vow-Pow-Vow*
   Hush, Hush, Hush
   Lot's of fun and frolic
   Sure, Sure Sure

2. *We welcome, We welcome*
   We want to show what Bulbuls do
   There are games to play

And secrets to share
For Bulbuls have fun everywhere.
We have plans to take over
Things to bring
Let's sit down in our Pow-Vow ring.

3. *All the Bulbuls and the Flock Leaders get into a very big Circle and at a signal from the Flock Leader all jump one step forward shouting "Pow. Vow", they repeat the jump and say pow vow in a softer tone the 2nd time, and on the 3rd jump they just whisper "Pow-Vow this time they should be in a ring close enough for them to sit shoulder to shoulder.*

4. *The Flock Leader and the Asst. Flock Leader stand in the Centre Bulbuls stand in their comers each "Six" chooses the name of a bird The Flock Leader asks, "Who is coming to the Pow-Vow ring? Each six in turn replies "The Myrnas are coming to the Pow-Vow ring "The Sparrows are coming to the Bulbul ring" (according to the names of the birds they have chosen themselves) Then they try to imitate the call and when they come to the center of the place to form the Pow Vow ring.*

5. *Bulbuls make a big ring and sing the following rhyme and do the action accordingly and then sit down as closely as they can in the very close circle*

To the Pow-Vow ring we go
Slowly and softly on our toes
First we jump in and then jump out
See how nicely we can crouch
Pow-Vow- Sh, sh, sh

SIX SYSTEM

A Flock is divided into sixes. Each sixes may consist of 4 to 6 Bulbuls, inclusive of the sixer and her second. Each six shall bear the name of the bird chosen in consultation with the Pow-Vow and every member of the six shall wear the emblem of the six on her uniform. A Senior sixer is one of the sixers appointed by the Flock Leader. On her uniform she shall wear 3 blue armlets each 1.5 cm wide stitched over the cuff of the sleeve each 1 cm apart, the senior sixer shall assist the Flock Leader and the Asst. Flock Leader. A sixer is a Bulbul appointed as a sixer by the Flock Leader to lead a six of Bulbuls. Sixer in addition to her uniform she wears 2 blue armlets each, 1.5 cm wide stitched over the cuff of the left sleeve each 1 cm apart. A second is a Bulbul appointed by the Flock Leader in consultation with the sixer concerned The second shall assist the sixer and take her place in her absence. She shall wear one blue armlet 1.5 cm wide attached over the cuff of the left sleeve I cm above the lower edge.

The sixer and her second should be appointed for a definite but limited period of time. Learning to work together and to get on with each other in a small group is the sound foundation. Here the Flock Leader makes them feel secure in their understanding and friendship.

The Flock Leader finds it easier to concentrate individually while they are working in their sixes. In all the Flock activity this basic principle of six systems plays an important part. They develop skills. hobbies, handicraft and a sense of responsibility to work and play with others. Thus it lays the

foundation to understand the democratic principles and to become better citizens in future. The six always stick together for work or play. The sixer's instruction must be obeyed by the other members of the six it is up to each bulbul to help to make her six best in the Flock.

So a Flock is run on six system for the sake of decentralisation, for individual attention, to encourage leadership and for all-round good management.

"Sixers" can be given small responsibilities such as looking after the "six" boxes, other equipment etc. But NEVER give responsibility over Bulbuls, otherwise she may tend to become autocratic. The Sixers of course will lead their sixes in games and other activities, and occasionally, they may be given very simple and short messages in connection with work to pass on to their "Sixes". They are capable and thoroughly enjoy organising their sixes, planning with them and teaching some badge requirements. If you can plan to give a little time to these sixers they will repay by being really reliable and useful to you.

Six Emblem: *Every Bulbul shall wear a six emblem. It shall be 4cm in diameter, embroidered on black background with light blue border. It shall be worn above the left pocket*

Six Comer: *Each Six must have a corner (Nest) of their own, where they display their handicrafts, form their own small circles and do the corner work given by the Flock Leader in their corner with the supervision of the Sixer Bulbuls should be*

encouraged to make a nest according to the nest of the bird chosen as their emblem. Flock Leader to collect pictures of different nests of various birds if possible, and display them to the Flock.

Six's Call: *Bulbuls should be made to learn the call of the bird of their six and make those calls whenever they come to form the ring and get dispersed.*

BULBUL CEREMONIES

"Simplicity and the Solemnity should be the key note of all Bulbul Ceremonies." BP

A Bulbul ceremony is a form of action to interpret sincerity. Loyalty and friendliness. So it is a special way of carrying out something which has to be done in the normal programme of the Flock. In other words dressing up of an event which is transformed from the ordinary into a kind of colourful experience Any form of secret or challenge or a surprise makes an immediate appeal. This is done only to distinguish between life in the Flock and outside.

Bulbul ceremonies involve all the Bulbuls and it should be short and simple. So that all can concentrate and be interested throughout, no one is left with nothing to do. It is simple because all can understand what is happening particularly the bulbuls concerned It is special occasion to the Bulbuls and also to the Flock Leader.

The leaders and the helpers should know exactly what is expected of them So that the right atmosphere is created. Ceremonies help the bulbuls to show their love and friendship and their respect for others and their achievements, and also to share the joy of happiness.

Planning the ceremonies gives opportunity for creative thinking. Ceremonies can help to prevent dullness and it can be evolved for all parts of the Flock Meeting Ceremonies are made up in pow-wow to arouse right feelings in Bulbuls. Each Flock has its own special way of doing ceremony. One of the

nicest thing in bulbul programme is they help to make up their own ceremonies for special Flock activities In short Bulbul ceremonies add a spark of romance to life.

Possible Flock Ceremonies

1. *Opening and closing of the Flock Meeting.*
2. *Introduction and closing of pow-wow.*
3. *Introduction to Bulbul ring.*
4. *Introduction to Enrolment Ceremony.*
5. *Welcoming or Farewell Ceremony.*
6. *Flying up and Going up.*
7. *Badge Presentation ceremony.*

OPENING CEREMONY

1. *All the Bulbuls come to the meeting place before hand. And will be hiding in different places. Flock Leader comes to the meeting place and starts singing*

   The Flock Leader wants to tell you something
   Tell you something Then all the Bulbuls
   Then to listen, we will creak in .
   Hush, hush, hush, hush
   They jump, and sit for the meeting

2. *The Flock Leader might beforehand take her "Sixes" in to confidence, and ask them to hide their "sixes", so when she arrives at the place of meeting at the appointed time, she finds the place quiet empty and pretending to be quiet ignorant of the fact that the Bulbuls are in hiding, she cries out "oh, how is it! I find no Bulbul today have they forgotten their meeting? Then the "sizes" suddenly give out their respective "Cry" and all the bulbuls come flying-flapping their wings and quickly form a circle*

around the Flock Leader. Then they have their Bulbul song followed by the songs of the "Sixes".

3. *The Bulbuls hide in their "six" comers The Flock Leader and the Asst. Flock Leader go round pretending to fly, and at the same time singing:*

"where are my Bulbuls (Repeat)
They are not here "
Come along quickly "
Come right near "

The Bulbuls then come flying out of their flying places singing

Here we come flying (Repeat)
Now we are here "
Ready for a meeting "
Flock Leader Dear "

All the Bulbuls then form a circle and sing the Bulbul Song

4. ***Stones:*** *All the Bulbuls come to the place of the meeting before the Flock Leader and kneel on fours-heads touching the ground and keep still and silent. The Flock Leader come and asks each other- what has Become of their Bulbuls-why are they not here? why the place is full of stones, pretending to be tired of waiting, they sit upon the stone As the Leaders try to sit on the "stone" -the Bulbuls jump and say "we are not Stones, we are Bulbuls. Then they form a ring and sing the Bulbul song.*

5. ***Missing Birds:*** *Flock Leader asks the "Sixers" to hide. When Bulbuls come to the meeting. When all of them arrive, The Flock Leader asks them to make sure that she might start the meeting.*

Then the Bulbuls look around and find to their amazement that all the "Sixers" are missing! It's no

wonder, those 3 or 4 birds are missing Here there are so many fruit trees all around-They must have flown to the fruit trees and are having a nice timer eating all those juicy fruits Then the Flock Leader asks the Bulbuls to find their own sixer The Bulbuls then run all around to find the missing birds and when they find them there bring them back to the Flock Leader. Then they form a Ring and sing the Bulbul song (This includes, Opening Ceremony & Exercise also).

6. ***Train:*** *Take out the "Sixers" and place them at different places at equal distances. Pin on the pole or any suitable place, a bit of paper with station- Myna, Station Pigeon etc. according to their emblem Rest of the Bulbuls form a train holding the waist of the Bulbuls in front. Flock Leader shows the green flag. Then the train moves, when the Flock Leader shows the Red Flag, the Bulbul nearest to the station stand in the station. This goes on and on till all the passengers alight from the train, at their destinations*

7. *The Flock Leader stands with her head between the two outstretched hands over the Bulbul Tree. (depicting loneliness and sad bird) Coo oo, Coo oo, Coo oo. Then the "Sixers" will come flying to her and ask her "why are you crying, why are you crying, why are you crying" Answer: I am so lonely, I am so lonely, I am so lonely".*

   Sixers- *Don't cry we will bring you companion (3 times). At the signal from the "Sixers", the bulbuls come silently and form a circle round the lonely bird. Then the lonely bird looks up and smiles finding so many friends all around her. Then they start the meeting with the Bulbul song.*

8. *The "Sixes" stand in their own corners Each Bulbul is given a slip of paper ticket bearing her name The Flock Leader*

and the Asst. Flock Leader pretend to be a train and by turns go to each "Six" corner to collect the passengers.

9. *Flock Leader is asleep under a tree. Bulbuls gather quietly round the tree and sing:*

"Flock Leader, Flock Leader, what shall we do,
We'll weave our Bulbul ring around you,
We'll give our magic leaves to you,
And make your lovely dreams come true."

They throw the leaves (colourful paper leaves) at the Flock Leader. Flock Leader wakes and says.

"Who are you? How can you make my dreams come true?"

We are Bulbuls, We are Bulbuls !!!

Then the Bulbul sing their Bulbul song and carry on with other activities.

10. *The "Sixes" stand in their corners. Each Bulbul given a slip of paper ticket bearing her name. The Flock Leader and the Asst. Flock Leader, pretend to be a train and by turns go to each corner to collect the passengers [Bulbuls] in their train. Before boarding the train the bulbuls have to present their tickets. So that their nails are clearly displayed. Those with clean nails are only allowed to board the train, and the others are requested each privately, to get them cleaned quickly and to await the return of the train. In the end the whole train forms a ring and the Bulbuls sing the Bulbuls song.*

11 *The Flock Leader tells them before hand to dress up according to the Colour Scheme of the Emblem [bird] for their next meeting. And they are to come to the meeting place by making their respective bird call. They form a Bulbul ring and get ready for their meeting.*

12 *As opening Ceremony you can straightaway have the Bulbul ring and the Bulbul song followed by the songs of the Siser.*

13. *Flock Leader call up her sixers only, with a special animal call and she sends them back after giving them a new animal name, which each six have to intimate as they come up for the Bhulbul Ring.*

14 *Flock Leader calls her sixers and instruct them to play different musical instrument which they have to play as they are coming up for the Bulbul ring.*

CLOSING CEREMONY

1. *Bulbuls are in circle. They all kneel down at a given signal and sing this song.*

At the end of the Day
Just kneel and say
Thank you God for my work and play,
I have tried to be good
For I know that I should
That's my prayer at the end of the day.
Bye, Bye Leader

2. ***GAME:*** *Each sixer is captured and can not be released until the rest of her six finds 3 to 4 out door things which exactly match something on the Bulbul*

3. *Go well and safely [2] Go-well and safe. The God be ever with you.*

4. *Fare thee well, Luck go with thee, When I'm far, remember me.*

5. *Off we go to do our best [2] do our best, Good night Leader.*

6. *All the Bulbuls stand in a close circle, with their hands*

behind them, the Flock Leader is also in the circle. After singing the closing song, then the bulbuls press the hand of the one on her right hand and after a few seconds when they guess that everybody must have pressed hands by the time they all say together we do our best" and all bulbuls flyaway.

7. *They form a close ring and sing "Now good-bye to bulbul land"*

   Once again to lend our hand
   until we meet, we'll play the game
   showing others that's our aim

8. *Bulbuls softly wish good night and run away.*

9. *The Bulbuls stand in a close circle with hands at the back. Flock Leader stands at the exit. An object is then passed round the circle from behind, which each bulbul must feel recognising it by feeling Bulbul leaves the circle goes up to the Flock Leader with all her bags and tells her what the object is. If her guess is correct she is allowed to go home, if not she has to go back to the circle and try again.*

10. ***Magic Tunnel:*** *Flock Leader and Assistant Flock Leader will form the tunnel. Bulbuls pass the tunnel with their things, and the Flock Leader says,... Bye Bye Bulbuls, we hate to see you go.*

    All the Bulbuls will join the song..... Merrily we roll along, roll along, roll along on this happy day

11. *All stand round the Bulbul Tree and say "Do a good turn everyday, obey the Bulbul Law, Never say an unkind word or be angry and cruel. Then they all fly away.*

12. *Each Bulbul will whisper to the Bulbul tree, what good turn she will do tomorrow and goes out quietly.*

PRESENTATION OF BADGES

(i) Komal to Heerak Pankh Bulbuls stand in a circle and some Bulbuls inside the circle stand in the shape of a Pankh holding ribbons to outline the shape. The Bulbuls in the circle hold hands and sing while hopping to their right and then to their left.

With our wings we happily fly
We sing and we dance but never cry
We try our best to do Good Turn
We skip and join our Ring in turn

As they finish, the Bulbuls holding the ribbons sit down and keep their hands on the ground holding the ribbons tightly so that the wing is distinctly visible on the ground. The FL and the Bulbul who has to receive the Badge stand in the centre and the FL pins the Pankh Badge on the left pocket touching the seam of the flap

(ii) Bulbul may go through arches made by other Bulbuls holding stripes of paper or cotton on which are written the names of the different tests. As she comes to each arch she answers a question or quickly does a part of the test. When she reaches the end, she finds she is standing in front of a wing. This can be cut out of a paper or drawn on the ground with lime or any white powder. As soon as she steps on the wing, the FL., pins the badge on her uniform. Parents may be invited to this ceremony. When the badge is pinned on to her, the Bulbul may say, "I will do my best to practice all I have learned to win this badge While receiving the Badge, a Bulbul may renew the Bulbul Promise

VI FLYING UP CEREMONY

Before this ceremony, the Flock Leader and the Captain of the Guide Company should meet together to discuss the type of ceremony to be used, so that each is quite familiar with the

wording and procedure No two ceremonies need be alike and FL. should take the trouble to think out interesting decorations. This is a ceremony only for those Bulbuls who won their Suvarna Pankh before going to the Guide Company.

(i) At one place the Bulbuls stand in a circle round the Bulbul Tree and the Guides in a horseshoe at the other end. F.L. calls the Bulbul who is flying up, to the Tree and says, the time has come for you to take wings and to fly up to the Guide Company. You have learned many things in the Flock. Are you willing to learn more?

The Bulbul. "Yes, Flock Leader",

The FL.: "Fly up then prosper. May the Goodwill of the Flock go with you," and in the meantime pins the wings on her. (Wings can be made with paper or cardboard)

The Bulbul may be given the Bulbul Nad or the Grand Salute Then she breaks the circle and flies over to the horseshoe where is met by her Asst. Guide Captain who says, "Hello, who comes here?

Bulbul: "A Bulbul,"

AGC "By what magic do you come?"

Bulbul "With the magic of my Bulbul Wings".

AGC: "We welcome you to our Company. Please come and meet our Captain.

She is then taken to the Captain who welcomes her to the company and is seluted by them. Bulbul returns her Bulbul salute.

(ii) Before the Bulbul comes to the Horse Shoe, she may have to cross a certain number of stepping stones or go under arches, indicating different parts of the Pankh Tests

This makes the ceremony informative one if the parents are present.

(Iii) There is an archway or a gate decorated with flowers or leaves, between the Bulbul Ring and the horseshoe Bulbuls sing their Bulbul Song. After they finish, Bulbuls ask the F.L. pointing towards the archway, "what is that F.L..? Where does the path lead to?"

F.L.. "That path leads to the land of Guiding which is next to Bulbul Land."

Bulbuls: "Where will the Land of Guiding take us?"

F.L.: "Out into the wonderful wide world. When you join the Guides you leave the closed ring of the Bulbuls and enter the open horseshoe of the guides to learn to be prepared to help folks out there."

Flying up Bulbul: "How interesting Flock Leader! We are eager to be on our way to go there. May we Flock Leader?"

Flock sings:

"The time has come to say good-bye

Open the ring and out you fly."

The flying Up Bulbuls fly through the archway and F.L. and A.FL see them off.

GOING UP CEREMONY

This is a ceremony only for those Bulbuls who have not earned the Heerak Pank and completed 10 years age.

At one place around the Bulbul Tree bulbuls staud in circle and in another side guides will be in horseshoe FL. calls the particular Bulbul who is attained 10 years of age and going to the guide company near the Bulbul tree and says that day has come for you to go to guide company. All these years you were

a Bulbul and learned many things as bulbul and you will be in guide company and be learning many more things you needed May the goodwill of the flock go with you Here she will not have the golden wings as she has not earned it.

The Bulbul may be given Bulbul Nad or grand salute. Then she breaks the circle goes over to the horseshoe with her FL where she is received by the Asst. Guide Captain with warm welcome and takes her to the guide captain.

When she is taken to the captain she welcomes her to the company and is saluted by them. Bulbul returns her Bulbul salute.

This makes the ceremony informal one F.L. Can invite parents and well wisheshers.

In between Bulbul tree and horseshoe an archway or a gate decorated with leaves or flowers or in any way can be errected Bulbuls sing their Bulbul song After they finish B.B ask the F.L. pointing towards the archway what is that where does the path leads to.

F.L.: That path leads to the land of Guiding which is next to Bulbul land.

B.B. Where will the land of Guiding take us.

F.L.: Out in to the wonderful wide world as a Guide you leave the closed ring of the Bulbuls and enter the open horseshoe of the Guides to learn to be prepared to help others there.

(Bulbuls) flock sing the time has come to say good bye open the ring and out to go.

The going up B.B. go through the archway and FL. and AFL see them off.

BULBUL PROFICIENCY BADGES

All the proficiency Badges give a wider understanding and experience in the four sign posts of Guiding-CHARACTER, HEALTH, HANDICRAFT and SERVICE Each has a purpose to serve, that purpose tells us what the badge stands for and what a person should know when she wears a badge.

There are 18 proficiency badges, for Badges are worn not to decorate on uniform, but reveal what standard the Bulbuls have reached, the interest to work for the badge is generated at the Flock meeting or during Flock holiday, or Nature Ramble or at camps etc. A Flock Leader should be able to explain to the bulbuls regarding Proficiency badges.

Badge work is introduced for the bulbuls to get accustomed and to gain confidence Thereby she develops a good habit. Badges are something REAL to show people what the work undertaken and it develops character and physical health.

Badges are activities which individual Bulbul can take up in order that they may progress further along with the right path. It is fun for a Bulbul to learn how to do new things which will help her to carry out her promise. So it is upto the Flock Leader to make the Badge work interesting, practical and as realistic as possible, both for teaching and testing of the Badge work.

The advantage of introducing the badge work is to help the shy natured Bulbul to overcome her shyness and also help her to complete the work in time. The badge work also encourages smart and intelligent Bulbuls to get a real pride in

accomplishing their task. Hence planing of their badge work should be done carefully and thoughtfully so that every one will have a share of Flock Leaders attention.

Badge work is also popular because it is a source of great sense of achievement and it will make her able to lend a hand, this sense of achievement is the greatest needs of the Bulbuls. Some badge work provides a chance for bulbuls to try out activities which normally belong to the grown up, like Fire lighting, cooking and First Aid etc.

The attitude of the Flock Leader and that of the Bulbuls towards badge work are quiet different Flock Leader sees behind the activities of the Badge work, observes their character Training, Cleanliness, Discipline, Thriftiness and sincere effort of the Bulbul Bulbuls will learn patience, striving after a good standard and get the sense of satisfaction.

Lord Baden Powell introduced the badge work for the all round development of the bulbuls. The Flock Leader should use all her Imagination in teaching and testing the bulbuls. Teach the badge work thoroughly Most of the Badge work can be woven into games, stories, dramatisation, hand work etc. A high standard should be expected. but individual effort can be taken into account.

It is good to display a Badge work chart either six wise for the whole Flock on the notice board with bright colours. This will create interest in others and also makes a good display for visitors and parents.

(A) Bulbul Proficiency Badges

The Bulbul Proficiency Badges are divided into five groups as follows

***GROUP I: Character:** Collector, Entertainer, Gardener, Observer Story Teller, Free Being me. Colour of the badge-Khaki with blue border and blue inset.*

***GROUP II: Health**: Athlete, Cyclist, Swimmer, Team Player. Colour of the Badge -khaki with green boarder and green inset*

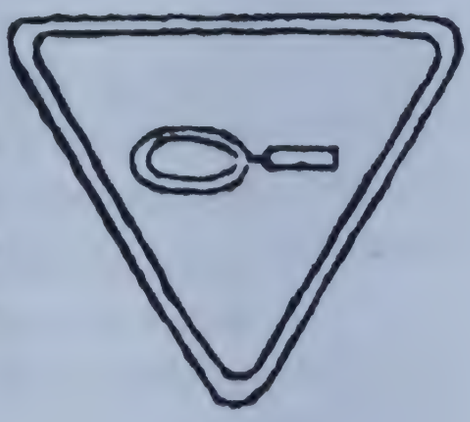
***GROUP III: Handicraft:** Artist, Home-craft, Needle worker, Book Binder and Toy maker, Colour of the badge khaki with yellow border and yellow inset.*

***GROUP IV: Service:** Cook, First Aider, Guide, House Orderly. Colour of the badge-khaki with red border and red inset.*

***GROUP V: World Conservation:** Heritage and Computer Awareness Syllabus for Proficiency Badges.*

GROUP-I CHARACTER

***1. Collector:** Make a collection of one group of objects, neatly and systematically arranged, for a period of at least three months and know something about them. The nature of the collection should be chosen by the Bulbul*



Suggestions are as follows:

Stamps, postmarks, picture postcards, matchbox top, crests, feathers, moths butterflies, leaves or flowers (for the purpose of the last two photographic or carbon reproductions may be accepted). Minimum number of articles to be collected in a group shall be 25.

OR

Keep a scrap book, diary of events etc. for a period of at least three months

***2. Entertainer:** Be able to do any three of the following:*

(i) Play a piece of simple music correctly on instrument or sing a piece of simple music in a correct manner.

(ii) *Be able to skip two fancy steps and make up a dance music.*

(iii) *Be able to recite an action song with appropriate action and movement.*

(iv) *Dress up and play a part in a depicted story or historical event.*

(v) *Tell one story in an effective manner to other Bulbuls.*

3. Gardener:

(i) *Take care of a plot of ground not less than 1.50 sq. meter for a minimum period of three months and grow at least three kinds of vegetables or flowers on it.*

(ii) *Be able to name not less than four of each of the following in any area or garden.*

(a) *Trees or shrubs*

(b) *Flowers and vegetables*

(C) *Standing crops and weeds*

(iii) *Distinguish and name four common weeds and be able to use the following tools: spade, fork, shovel, rake or equivalent implements.*

(iv) *Make a scrap book of not less than six pages of pressed leaves, flowers, or vegetables. A minimum of twelve subjects to be shown.*

Note: *In case of Flocks in towns, where gardens are not available, the following alternatives can be taken in place of (1) and (ii)*

(1) Care of window box plants for three months, or care for two or more perennial plants on pots for three months.

(ii) Grow two of the following:

a) A bulb (flower (or vegetable) in water, sand or soil.

(b) Mustard, cress, peas, melon or beans on flannel or blotting paper

4. Observer:

(i) Recognise five Indian animals or birds and observe their habits, know the names and appearances often flowers or ten trees or ten shrubs and know what common places are poisonous to animals and human beings.

(ii) Know the seasons at which different kinds of fruits and vegetables can be obtained in their locality and when the main crops are harvested.

(iii) Find her way to an unknown spot, not more than 300 meters away by following directions given to her by the Examiner (either compass directions or signs made on the ground or land marks or a combination of these.)

(iv) Be able to play a memory game remembering 12 objects out of 16.

(v) Story Teller

(vi) Free being me

Note: *It is preferable to select variations of this game which are not used in Guide Company.*

GROUP-II HEALTH

1. ***Athlete***

   (i) *Sprint 45 meters in 10 seconds*

   (ii) *Jump 0.6 meters (High Jump)*

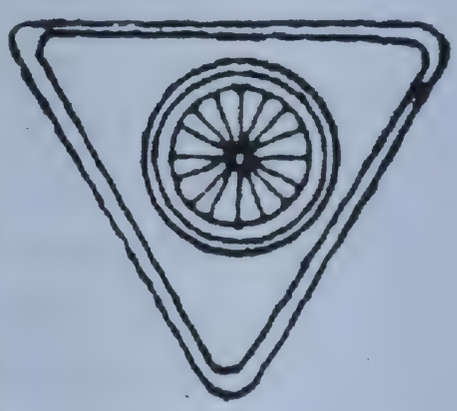
   (iii) *Jump 152 meters (long jump)*

   (iv) *Climb a rope or pole or a palm tree 2.13 meters high.*

   (v) *Throw a cricket ball weighing 152 to 163 gms to a distance of 13.65 meters and catch one thrown from a distance of 9. 10 meters*

   (vi) *Balance a plank 13x15 cm and 0.3 m, above the ground or walk a distance of 10 meters with the pot on her head.*

2. ***Cyclist:***



   (i) *Know how to ride a cycle*

   (ii) *Know how to clean and oil the cycle*

   (iii) *Know how to pump the tube and set the valve*

   (iv) *Know the traffic rules of the road*

   (v) *Make an article of straw, palm, cane, reed or bamboos*

3. ***Swimmer: Needle Worker Group-III***

   (i) *Be able to embroider her name in cross stitch or any other stitch.*

(ii) *Know three of the following stitches: Chain, herringbone, feather-stitch, buttonhole, darning. french knot. Some of these may be done as a sample and all should be done large.*

(ii) *Make a garment for a child or doll and ornament with one of the above stitches. This should be done without help except for the cutting out.*

(iv) *Be able to make any three of the following*

(a) *A toy made out of stocking or old material.*

(b) *A toy suitable for a small child or a baby or a scrap book well arranged.*

(c) *A set of dolls furniture (not paper) or a set of clay birds, animals, fish or insects. Make a doll that flies a kite*

(d) *Any other toy chosen by herself.*

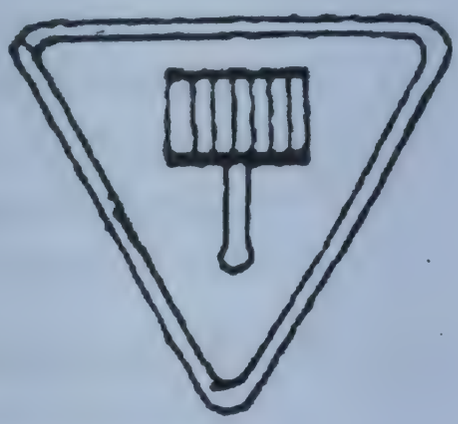
4. *Toy Maker:*

Make an article from odds and ends such as fircones, cloth pegs etc. and either a toy of a reasonable size such as engine, motor car, doll or animal, or in reasonable correct proportions and colouring composite toy such as farmyard, jungle or animals, cottage with furniture, park with animals.

Note: *An article presented for Rajat Pankh test must not be admitted for this badge.*

GROUP-IV SERVICE

1. Cook:



(i) Know the simple fire precautions.

(ii) Be able to lay and light fire in the open.

(iii) Cook rice or make chapati and dal or vegetable or fry or poach an egg

OR

Prepare kichari or dalia.

2. First Aider:

(i) Know how to clean up and treat a graze.

(ii) Be able to dress and put triangular bandage on hand, foot and knee and put on large arm sling and tie head bandage correctly.

3. Swimmer: Group-II

(i) Be able to swim 25 meters (any stroke)

(ii) Be able to float on back for 60 seconds in salt water or 30 seconds in fresh water or tread water for two minutes in salt water or one minute in fresh water.

(iii) *Swim on back 14 meters.*

(iv) *Be able to 'back duck dive' (i.e. dive while standing in water or swimming) or as an alternative perform a "honey pot" (i.e. jump with arm clasped round knees), from a board, bank or boat.*

Team Player:

The Bulbul should be habituated to applause the winners, even though she is on the losing side Bulbuls are eligible for this badge if they have played games in the sixes and as a Flock obediently, fairly and unselfishly for a period of three months (12 weekly meetings and definite record of the date and games must be shown to the District commissioner and signed by her before the badge is applied for.

GROUP III - HANDICRAFT

1. Artist:

(i) *Draw with pencil, brush, pen or crayon original of any incident or character in simple story, size not less than 18cm x 13cm.*

(ii) *Do one of the following:*

(a) *Draw from life or memory in pen and ink, or pencil an animal or a human being.*

(b) *Draw from nature a landscape or still life group.*

(c) *Keep a sketch-book for a period of three months and draw at least 12 sketches.*

(d) *Illustrate a story by means of match-stick figures in not less than four pictures.*

(e) *Make a simple greeting card using pencil, brush, pen or crayon.*

(f) *Make a model of a human being or an animal (not less than 20 cm. height) of wax, soap, clay or cardboard or any other suitable substance.*

Note: *The natural bent of the bulbul is to be encouraged in every way; the spirit and intention of the work is to count as much as adherence to academic rules.*

2. Home-craft:

Thread a needle and sew on a button and carry out any two of the following tests:

(a) *Knit or crochet a useful article.*

(b) *Make a piece of netting, good for a bag hammock etc.*

(c) *Work a design in cross-stitch on canvass.*

(d) *Make a rug or mat on canvass or Hessian.*

(e) *Darn a hole in jersey or stocking or mend a tear.*

(f) *Wash and iron her scarf.*

(g) *Make a basket and a sweeping broom.*

(h) *Weave a useful article in raffia.*

(i) *Weave the webbing of bed.*

(j) *Make Chatai (straw mat).*

(k) *Spin 50 meters of yam with takli or charkha.*

(l) *Paint a wall or floor (village style)*

(m) *Know how to stop bleeding from the nose*

(n) *know how to extinguish fire on clothes and how to treat for minor bums, scalds, choking sting and snake bite*

(o) *Show that she understands the need for summoning adult help*

(p) *Know the simple treatment for shock.*

(q) *Know simple treatment for sprains, and how to apply wet bandage to a sprained ankle*

3. Guide:

(i) *In country know the nearest police station or thana, dispensary, Hospital, village doctor, bus stand, railway, market, dharmashala or sarai, nearest post and telegraph office, rest house and veterinary hospital.*

OR

In Town: *Know the route to the nearest police station, doctor's residence, chemist's shop, public telephone, fire alarm, bus stand, railway station, petrol station, motor garage, hotel, post and telegraph office.*

(ii) *Know how to call for fire brigade, police and ambulance.*

(ii) *Be able to give clear and distinct directions to guide a stranger politely and promptly*

(iv) *Know the story of an interesting and historical place in the neighbourhood*

4. House Orderly:

(i) *Clean and tidy a room.*

(ii) *Make a bed*

(iii) *Wash up crockery and utensils, and clean windows and brass work.*

(iv) *Peel potatoes and boil or fry them.*

(v) *Prepare tea or coffee or any other hot drink.*

GROUP-V

5. World Conservation:

1. *Complete any three of the following*

(1) *Visit a zoo, botanical garden, natural history museum or see a film about wild animals and tell examiner about her observation*

(ii) *Own a pet for at least three months and look after it.*

(iii) *Take part in litter chase in a public park, a garden, school premises or any other public place for three hours utilising one hour at a time.*

(iv) *Take part in a Flock expedition involving nature study and make a log of her collections.*

(v) *Make set up and maintain a bird bath and bird feeder.*

(vi) *Build and put up a den box for birds.*

(vii) *Plant shrubs or grass on area where there is no vegetation, cover and look after it for at least three months.*

(viii) *Make a compost heap in the backyard or garden.*

(ix) *Demonstrate the danger of soil erosion and the preliminary steps which could be taken to prevent it*

2. *Should improve her environment by planting a tree, a small grassy lawn or any other plant out-doors, in a box on a balcony or indoors in flower pots.*

2. *Carry out one of the following*

(i) *Keep a scrap book and tell the Examiner or origin, feeding habits and details of special care they need in the zoo.*

(ii) *Together with a friend arrange for the members of her Flock a nature trail.*

(iii) *Choose a wild animal or a tree, fish, bird. Discover all she can about it and report her discoveries to the examiner.*

Note: (1) The badge is accompanied by a special certificate signed by the State Chief Commissioner

(2) The badge shall be worn above the line of the right pocket.

HERITAGE PROFICIENCY BADGE:

The Bulbul should understand the basic components of their own local culture:

They may compile their study in the form of an illustrated scrap book.

I. ***Physical Environment of their locality (famous hills, rivers etc.)***

Common trees

Common Plants and their uses

Common birds

Flora and fauna of the region

II. *She should first know and understand her own culture identity and Heritage family, tradition, customs etc. 1) Scrap book containing items like a "Family tree" tracing ancestors may be prepared. 2) Participation in local festivals recorded in photographs or description. 3) Traditional songs & dances. 4) Food prepared in that culture. 5) Traditional costumes.*

III. ***Arts of their locality***

Buildings

Places of worship

Music

Musical instruments

Dances

Puppetry

Costumes then and now

IV. ***Practical work***

- *Visits to local monuments and museums.*
- *Learning a traditional craft of the locality like pottery, rangoli etc.*
- *Enacting stories and local legends.*

BULBUL PROFICIENCY BADGES:

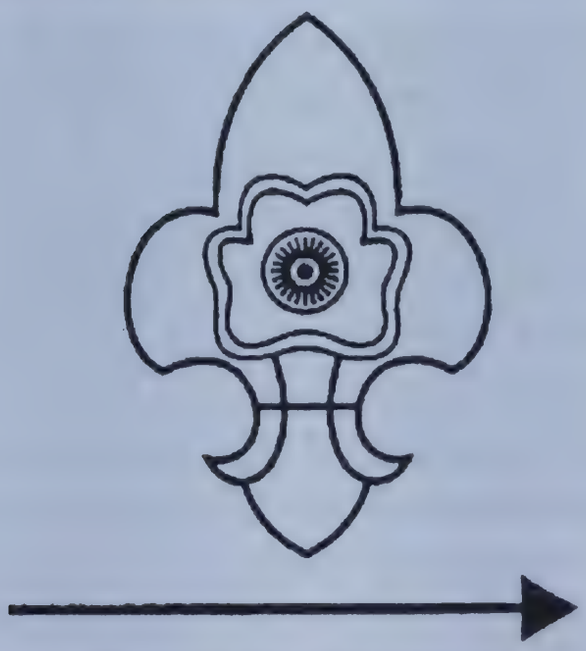
(a) A Komal Pankh Bulbul may win not more than 2 Proficiency Badges

(b) A Rajat Pankh Bulbul may win not more than 4 Proficiency Badges in addition to the 2 Badges already earned.

(c) A Suvarna Pankh Bulbul may earn any other or all remaining - Proficiency Badges.

(d) All proficiency Badges shall be worked on the right arm in parallel rows.

GOLDEN ARROW, BADGE :



Heerak Pankh Bulbul having earned totally six proficiency Badges will be awarded a special Proficiency Badge called "Golden Arrow". The Badge will be on a blue background with golden border with a prominent "Golden Arrow" with Bharat Scouts & Guides Emblem in the centre:

A Bulbul Should not have Completed 10 years of age at the time of Submition of her golden Arrow Registration form to NHQ

FLOCK RECORDS

Every Flock is expected to keep Flock records from the very beginning. These records will help her in her work and will be of great help to her successor, when she has to retire, resign or to be transferred. Besides this, the flock Leader will be able to know at a glance for herself, the progress made in passing the tests by the Bulbuls.

Good Records will help with the smooth running of your Flock. You have a free hand and wide field in the carrying out and planning of all your activities with your Bulbuls, but to manage your Flock, it is advisable and absolutely necessary to purchase some books and keep them regularly and in a orderly way. Record keeping takes up some of your time, but you will be rewarded for your trouble in saving time letter. It assists if you want to look up details of any one bulbul, like check on her progress, her attendance, her address or Telephone number etc. The essential records of a Flock are as follows:

1. *Parents permission Letter File.*
2. *Attendance Book.*
3. *Loose Leaf Register.*
4. *Programme Book*
5. *Account Book*
6. *Correspondence File.*
7. *File for Circular and Bulletins.*
8. *Stock Book*

9. *Log Book*

10. *Visitors Book*

Parents permission letter: *For the smooth running of the Flock, it is better and safe to obtain the parents permission letter before admitting the girl. Specimen letter is as follows:*

Dear Madam,

My daughter Miss Shanthi, is keen to join your Bulbul Flock. 1 extend full co-operation in her activities. Kindly permit her to join the Flock.

With regards,

Parents Signature

Attendance Book: *Each "sixer" should keep a small attendance book of her own "six". Over and above this, it is found essential for the Flock Leaders to keep Attendance Book. This book will help the Flock Leader to find out at a glance the percentage of attendance of each bulbul during the year for purposes of awarding the badges.*

Loose Leaf Register: *Printed loose Leaf Register sheets are available at respective state Headquarters and Flock Leaders would be well advised to keep a sheet per Bulbul and enter necessary details This will enable anyone who examine it to see at a glance the history and progress of each individual Bulbul.*

Programme Book: *The Flock Meeting programmes planned by the Flock Leaders are entered in this book every week, entering the date and time. Against each item the initials of the Flock Leader, responsible for it should also be there so as to enable a visitor to see at a glance how the work is shared by the Flock leaders. At the end of the meeting the Flock Leader can write down her own comments regarding, such as alterations that were made, tests passed, any item of special interest to the Bulbuls.*

Looking over the programme in the Programme Book helps the Flock Leader to plan future programmes and to see how far she has covered the four sign posts of Guiding Character, Intelligence, Handicraft, and Health Service.

Account Book: *Funds are very necessary to run the Flock. It is essential, that the Flock Leader has to maintain an account book showing monthly statement of income and expenditure. All amounts of expenditure should be duly accounted for by filling all bills and vouchers separately. It should be realised that the money belongs to the Flock and, therefore, every paisa spent should be accounted.*

Correspondence File: *It is necessary for the Flock Leaders to correspond with the District Commissioner, the Local / District secretary or with other people. It is advisable that all such correspondence should be filed separately for future reference.*

Files for Circular and Bulletins : *All Circular and Bulletins received either from Local or District or State Headquarters should be filed separately, for future reference.*

Stock Book: *A record of your Flock property should be readily available. Write all the details of the stock in your stock book and keep up to date.*

Log Book: *Log Book illustrates, a series of related events and tells a definite story. First jot down the main headings or paint a picture or whatever you have chosen, use it as a pick of your illustrations, it should be pasted with the place, date time and the name of the event. The log books are fun to make, they are fun to look back on.*

Visitors Book: *This book is kept only for the visitors to write their impressions. Visitors may be from the Organisation or from outside, who would like to record the appreciation of the Flock activities after attending Flock programmes.*

Guidelines to Flock Leaders

Bulbul Nad

Bulbuls stand in a circle and half right turn. On a signal from the FL. who is also joining the circle, they all jump and sit with their right knee on the ground and they pretend to have a bow in their left hand with the right hand they pull the string of a bow. On the second signal they all say, "Acharya, ham ji tor kar koshish karange." On the last word 'ge' they stand up-keeping their hands in the same position. FL says, "Koshish karo, Koshish karo, Koshish karo." Bulbuls, say "Karange, Karange, Karange" They with the last word throw their arrow to the Flock Leader (Guru/acharya's feet and give the BB. Salute)

Note: 1. The F.L. always gives the Guide Salute.

* *At the word karange, Bulbuls leave the imaginary arrow to the achary's feet*

Flock Holiday

Going for a flock holiday is an additional opportunity to get together. It gives the Bulbul more time for fun and free play. Flock Leader and Bulbuls live together as a family in a house. Here they learn how to get on with each other. They learn how to take care of themselves and their belongings, how to do their share of work and to be observant in all the activities. The Bulbuls will have the maximum satisfaction of accomplishment when she is within her own group. This will give the Flock Leader a chance to know more about the Bulbuls and she can easily lend a hand whenever and wherever

possible. Thus we see a Flock Holiday programme will provide opportunity for progressive experience to the Bulbuls. A Bulbul should at least serve one year in the Flock before she goes out for a Flock Holiday to get the maximum benefit. It is absolutely no use in taking Pravesh Bulbuls for a flock holiday. The flock leader should be prepared to share experience of both delightful and difficult circumstances.

Before taking the Bulbuls out to get a permission letter from the District Commissioner (Guides) contact concerned authorities for Building, Transport, Food Arrangement, Doctor, etc. Visit the place as often as possible to have a clear idea so that it will be easier to answer the questions of the parents, work out details of staff, Medical Aid, Finance, Drinking water, Sanitation, fresh vegetables. Detail programme should reach the parents and the District Commissioner (Guides) at least one month in advance.

Flock holiday may be held in private building or any other suitable building with adequate space for indoor and outdoor activities. The place should be safe, easily accessible. Get a team of helpers to help in the conduct of the flock holiday. Balanced diet should be served and meal times should be regular.

Revels

Bulbul Revels are really a special kind of glorified picnic, which the Bulbuls share the joy with all other Bulbuls, making friends and joining together in one huge Bulbul Ring.

Revels can be any size. Any number of Flocks can join in the revel. The main aims of the revel is to give pleasure to the Bulbuls and to encourage friendship. Flock Leaders feel that these aims are achieved more readily with few flocks.

Once the Local Association or District Association has decided to organise a Revel, generally a committee is framed to work out the details of the Revel.

Points to remember while organising a Revel.

1. *Fix the place well in advance, to accommodate the expected number.*
2. *Fix the date and time (3 to 4 hours)*
3. *Select a theme.*
4. *Food arrangements, including drinking water.*
5. *Transportation.*
6. *Select the activities as per the theme.*
7. *Get a team of helpers to run the show.*
8. *Send a detail information to all the participating Flocks well in advance.*
9. *Start and close the programme on time*
10. *Avoid lectures in between the activities*
11. *On arrival of the Flock find a "HOME" marked with their Flock Name. Here they can leave their personal belongings while they go out for activities*
12. *Plenty of time for rest, Tea etc.*
13. *Generally the activities are arranged in different bases. One of two adults in charge of each base.*
14. *Do not forget to invite the parents and the well-wishers of our Movement:*
15. *Provide an opportunity for Bulbuls to express their thanks to every ane*
16. *Something old some thing new, something of a heavenly blue, something fits to give a green, something never seen, something for the very fat, something for the art, something funny something jolly, something bright but very strong, something very nice to eat and drink, something to comfort the heart.*

Nature Ramble

A Nature Ramble provides a chance for the Bulbuls to go out to enjoy and appreciate the beauty of nature. It is a source of inner strength she gets which lasts till she lives. One need not be an expert in the field to take the Bulbuls on a nature ramble. Birds, animals, plants and flowers can be observed on a nature Ramble-few suggestion for Nature Ramble.

1. *Observe how many useful things can be discovered in nature*
2. *Walk in the wood carefully without making any sound.*
3. *Make a list of different peculiar creatures you can see.*
4. *Look for the patterns in leaves, ferns, dry fruit and seeds.*
5. *Try to recognise the sounds in nature.*
6. *Find out the common plants and trees of different countries.*
7. *Make a nature scrap book or nature Calendar.*
8. *Watch the stars at night and locate the Pole star or North star during a flock holiday.*
9. *Discuss the care of pets.*
10. *Visit a museum, Botanical garden or farm*
11. *Learn to recognise the tracks of the common animals and birds*
12. *Make plaster casts of the foot prints of animals and birds.*
13. *Make collection of seeds that fly, roll, float, drown and stick.*
14. *Make a museum, of your collections*

15. *Encourage each Bulbul to keep her nature dairy*
16. *Collect varieties of leaves and learn how to make prints.*
17. *Write short story ar a poem about nature.*
18. *Try to recognise the common medicinal plants.*

The Art of Story Telling

The story is one of the Flock Leader's greatest friend. Story is used in the Flock for many purposes. Such as, introduction to games, which serves the double purposes of helping the bulbuls to remember the rules and for the Flock Leader, it is an opportunity to get used to her voice when story telling. Many a times a story can be elaborate or simplified as per the interest confidence of the teller

In test work it is good to awaken the interest of the bulbuls through adventure and rescue stories connected with them before teaching the subject like, First Aid, Compass etc.

Stories can be used to introduce to drive home some teaching points in knots, Health and Road sense. There is a considerable value in practically any story enjoyed by Bulbuls. The mere fact of having together laughed at the foolish characters or sighed in sympathy with dejected people, makes them feel more in tune with one another because of their shared experience and enjoyment.

Story telling is recognised as one of the effective method in shaping the minds of the bulbuls. Every Flock Leader should know how much "Teaching without pointing its moral" can be introduced through stories It is necessary instrument to build the character of future generations.

Story telling is used in Bulbul programme to improve their creativity and language. By living through the story they get

innumerable experiences. It gives mental exercise and prevents them from idling. It also awakens interest in the life ambition and high ideals.

The character in stories should be as far as possible noble, happy and lovable. They develop fiery imagination and kindle emotions by bringing to life the past and opening the future. It is interesting to observe the bulbuls and to see how they readily identify themselves with the good characters and hope for their success. If the story is good one, the moral will be absorbed by the bulbuls. Hence stories should not be preached as a sermon.

Two important points to remember before story telling- one should like the story so much that you are keen to pass it on to the bulbuls The second point is, try to picture it so clearly that it becomes as real to you as the stories of your own life.

A good story-teller remembers:

1. *The right to choice of story to suit the age of bulbuls*
2. *A good vocabulary (flow of easy words)*
3. *Must be brisk in story telling*
4. *Learn to recognise the value of pause before important events or at the climax.*
5. *A pleasant voice, perfectly audible with good modulations.*
6. *Preparation is very essential, jot down important points, practice well before you go.*
7. *Never go unprepared or with the confidence that you make up some story.*

Kalarav or Sing Song

Bulbuls love secrets, they have innate urge to participate in something, unique of their own. As a consequence of this, the programme of Kalarav was developed. The aims of Kalarav are to give pleasure to the Bulbuls, it encourages friendship, bring out heir talents and help them to overcome shyness and to develop Team Spirit. So it is one of the ways of giving a positive and constructive expression by the bulbuls.

Bulbuls have many secret sign words and activities which are only available in the Flock. Both the body and the mind of the bulbul age group have reached the stage in which they crave for new experiences. Challenges and Adventures, all of which are essential for their full development. The desire for greater understanding is seen in the child's passion to collect, to make things or to give expression by drawing and in acting

All kinds of interesting variations and excitements can be introduced in the special programme. Solo programmes, Film songs and dances which are not pleasing to the community, and caricatures and items which are controversial in nature may be avoided. Kalarav programme is planned and executed by the Bulbuls with the assistance of the Flock Leaders, Assistant Flock Leaders and the parents of course. The details of the programme is discussed in the Pow Vow Meeting. All the Bulbuls take active participation in the opening and closing of the Kalarav Kalarav can be of any size. If the number is more, more hands are needed to manage the programme. When public is invited to participate in the Kalarav, there should be a rehearsal. A programme has to be prepared and presented to the guests.

Handicraft:

Handicraft is the art of making something by using the hands Bulbuls adore hand work. Flock Leader should encourage

the Bulbuls to find out for themselves their individual aptitude in handicraft and to develop the same.

Handicraft should be taught because of its two important values.

1. *Practical usefulness.*
2. *Its mental and Moral Value*

The movement emphasises the value of craft by making provision for many appropriate proficiency badges. Craft work will help the Bulbuls in many ways:-

Mentally: *It is the objective expression of an idea. It helps the Bulbuls to think, use her imagination, to choose colours, materials etc. in her own way.*

Morally: *It helps to develop self-control, attention, Observation, preservation and above all the power of will in the Bulbul and co-operation with other members of the Flock, creates confidence. Physically: Improves co-ordination of eye and hands and self control.*

It affords a splendid opportunity for relaxation. It is the complete change from daily activities. It offers some thing new to do and gets pride in achievement. At this age the bulbul loves to experiment and work out new things. Thus hand work activities should lead the bulbuls to a fuller understanding of life and make her indeed, at home, in the community. Handicraft teaches self expression, observation, memory, neatness and concentration.

Few ideas to try:

Wooden cloth pin, paper decoration, preparing cards for different occasions, cardboard Loom. Clay bowls, cups and plates, paper flowers, paper beads, modeling etc.

Co-operation from Parents and Public:

Co-operation of the parents and the public is of immense value for the expansion and the progress of guiding. Girl Guide Movement by its multifarious activities makes the public to understand that girl guiding is not just knowing but doing and being.

Many youth movements start with slogans which attract young mind and the public and immediate results. But Guiding takes a little more time to reach the people at the grass root level. However they attract the public gradually, by good turns, quietly done, smart turn over, smiling faces, courteous behaviour and most important the training to help herself and become more useful to her parents and also to the society.

Parents are the real supporters of the movement, only with their kind written permission the Flock Leader can easily admit a girl to the Flock. Parents have realised that the children will be a Source of Credit to their family, society, nation and to the world. Parents can also help the development of activities for the movement, like providing refreshments on various flock ceremonies, assist in the conduct of flock meeting, preparing, costumes, teaching or testing badge work during Revel, nature ramble and a flock holiday. They will be a great help in preparing the menu looking after catering and also in various fund raising programmes. It is up to the Flock Leader to think properly and utilise the services of the parents to the best advantage of the Flock.

Keeping contacts with the family ceremonial and personal interest shown to their families by the Flock Leader will be very much appreciated. By doing this the Flock Leader gains the confidence and respect from the parents and also from public

Games:

"No matter the kind of weather, the place, or time of day, for a game is a game for ever that all of us can play." Our Chief- the founder, gave us a game, and exciting, challenging but always rewarding game which we adults have the privilege of playing with the girls in our Flocks. We use games as one of the handiest tools for getting the idea across to our bulbuls. It is one of our most valuable aids in training bulbuls both mentally and physically to obey, develop character, preservation, discipline and unselfishness

Purpose which might be served in the unit by the use of games.

To have fun.

To learn or practise some new skill

To provide variety in the programme.

To set the atmosphere for what is to follow on the programme.

To provide relaxation or a change of pace.

To give leaders opportunities for leadership

and practice in passing on instruction.

To give the whole Flock practice in listening to and carrying out instructions.

Tips for conducting games

- *Get the players in position for the game, tell them whe.e team should line up*
- *Tell the players how the game starts, how it ends and who wins.*
- *Let some players try the actions so that others can watch and ask questions*
- *Keep all the necessary equipment ready.*
- *Check violation of rules kindly but firmly and understand*

the game thoroughly and be prepared for all eventualities.

- *Explain it clearly and introduce it well and make sure that everyone is having a good time.*
- *Be attentive while the game is on. Judge fairly, carefully and consistently*
- *While scoring, keep scores accurately*
- *End the game before anyone has had enough. It will be remembered with pleasure and welcomed when you want to try it again.*
- *Be prepared to alter and adopt. Just observe the guides enjoy it and did the intended job. After conducting the game evaluate:*
- *Is it the fun.*
- *Is it suitable for the weather.*
- *Is it suitable for the place.*
- *Is it suitable for the clothes they are wearing.*
- *Is it suitable for the age group and will everyone be occupied all the time.*
- *Does it fit for the programme and does it have a purpose.*
- *Is it correct for being used too recently or too frequently.*
- *Is all the necessary equipment available.*
- *Always declare the winner loudly, it gives every one a chance to applaud.*

Guide's Own:

Longer acts of workshop, which the Guides plan and assist with or take themselves, are known as Guides' own is not a substitute for worship in church, Temple or Mosque. The intention is to promote a fuller realisation of the promise and law. Keynote should be sincerity, brevity and simplicity. Attendance to Guides own is voluntary. A feeling of unity

respect to all religious arises from a corporate act of worship. An opening sentence and short silence can help to provide a good atmosphere and a sense of presence of God.

Prayers from different faiths in order, led by a leader from each group.

Two minutes quiet personal prayer.

"Antaramama song".

No other activity afterwards unless it is held in the morning. Better to sit in a circle as it creates oneness among all: After the programme all will leave the place quietly.

Flock Expedition:

Flock organises expedition to Bulbuls to find out the world we live in. Bulbuls love outdoor programmes because of the greater freedom of movement and the better air. There is scope for adventurous games and an opportunity to observe birds, animals, Trees, Flowers and Wide games which includes a trail, ball throwing, compass direction, craft and active games. Such trail or Tracking sign often centres round a story. Generally this story is one which gives an indication of the material that may be used to set the trails, Have maximum number of clues that bulbuls can spot them.

To conduct such programmes you need to organise will. Take care not to disfigure or destroy the public property.

Few things are to be remembered while taking the bulbuls for expedition:

1. *Decide where to go*
2. *How to go*
3. *Plan all the activities with your helpers*
4. *Keep the equipment ready.*
5. *Decide about the time of departure and arrival. 6.*

See that every body will have good foot wear

7. *First Aid kit is very necessary*
8. *While walking on the road face the on coming traffic...*
9. *Walk on foot paths as far as possible.*
10. *Drink from safe water source*
11. *Do not throw the waste materials*
12. *Good manners are as important in outdoors as at home.*
13. *Team of helpers are very necessary. It is good to visit the place in advance to find out all the details and to know the scope for different activities*
14. *Flock Expedition can be a part of the Flock Holiday Programme.*

Camps For Bulbuls:

(i) *Only a Bulbul who has earned Komal Pankh Badge and who has completed eight years of age is eligible to attend a camp.*

(ii) *A Bulbul camp must not last for more than two nights.*

(iii) *A Bulbul Flock camp shall be conducted in a permanent shelter with ample safety measures.*

(iv) *No Bulbul shall camp except with the permission of the parent or guardian.*

(v) *A Bulbul shall not camp with Guides.*

(vi) *A Bulbul not in good health is not eligible to attend camp.*

(vii) *No Bulbul camp shall be held outside the respective State, except with the written permission of the State Commissioner.*

(viii) *There shall not be less than two Adult Leaders for a Bulbul camp.*

(ix) *No Flock Leader or Assistant Flock Leader shall conducta Bulbul Camp without the previous written permission of the concerned District Commissioner.*

Songs:

"Singing is an important feature of the Movement. You can create better means of interaction, understanding, fun and laughter through the medium of songs, which up lifts the spirit of the participants. Of course, it is an inspiration to sing, giving joy to yourselves and delight to others.

Singing should play an important part in the Flock programme Because every one is involved in the music. Bulbuls love singing. There are number of songs to suit all tastes. They are easy tunes for the amateurs also to sing. Singing is enjoyed by more people of all ages.

Considering the bulbul age and interest it is advisable to teach more of rhythmic songs and action songs, instead of lengthy songs. Avoid solo programmes, teasing songs, caricatures, songs and dances from movies to maintain the healthy atmosphere.

When you are arranging a Bulbul Revel or Utsav or any other big gathering give top priority for the songs. The entire programme should be methodical way, without much gap in the middle. Singing rounds, specially in different languages create great fun, as each one wants to sing their own language song loudly.

Motivate all the Bulbuls to participate in group singing. If it is a public function involve as far as possible, the entire gathering. Make the invitee also to join the programme.

"Sing, sing, together,
Merrily, merrily, sing
Sing, sing, sing, sing."

Tara Story/ ತಾರ ಕಥೆ

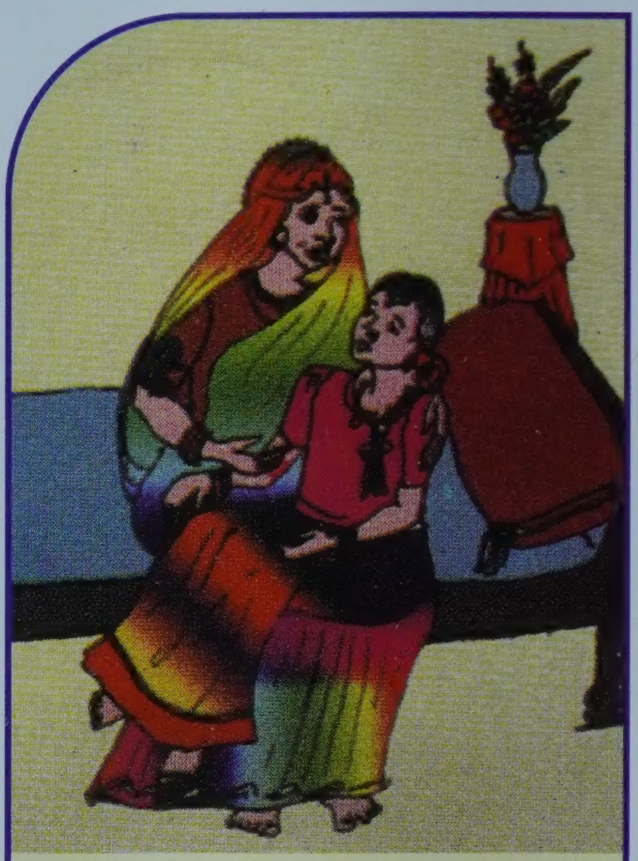
Her Mother was very busy
She only peeped in.

Presently, a Bulbul Came
and Perched
in the Tree over her Head

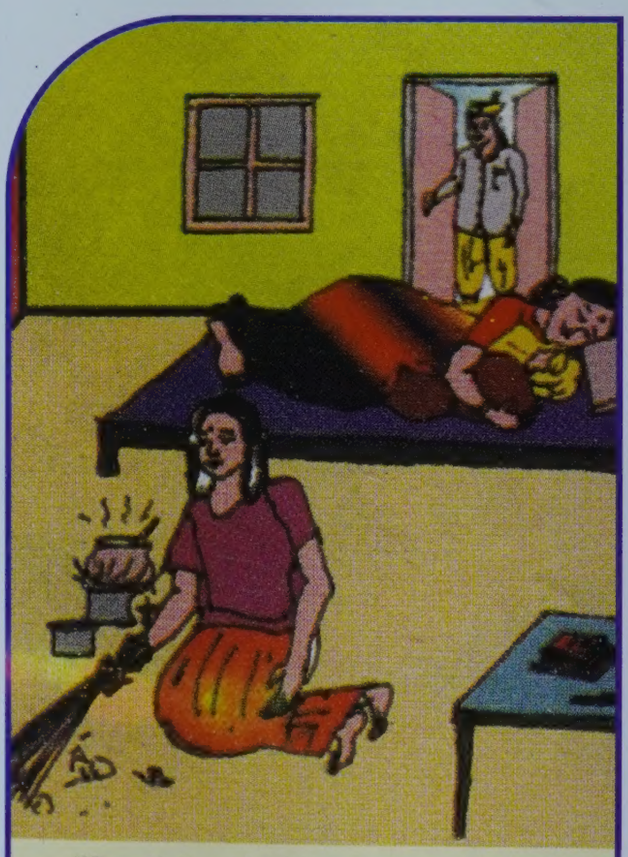
She was as big as Garuda...

They flow over Villages
and Towns...

The door opened and another maid come in- She carried a lovely dress of pink silk



"Well yes, said the Queen" I am rather tired for I have been very busy.



"Rani! Rani! Where are you?"

From that day there was no where to be found a happier little girl than Tara.